THE SATURDAY EVENING POST

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The Arnold Relays—for Kids and Grandparents

AAHPERD Comes to Indy

American Illustrators Hall of Fame

Surviving a Tax Audit

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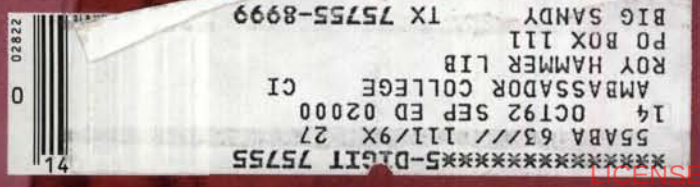

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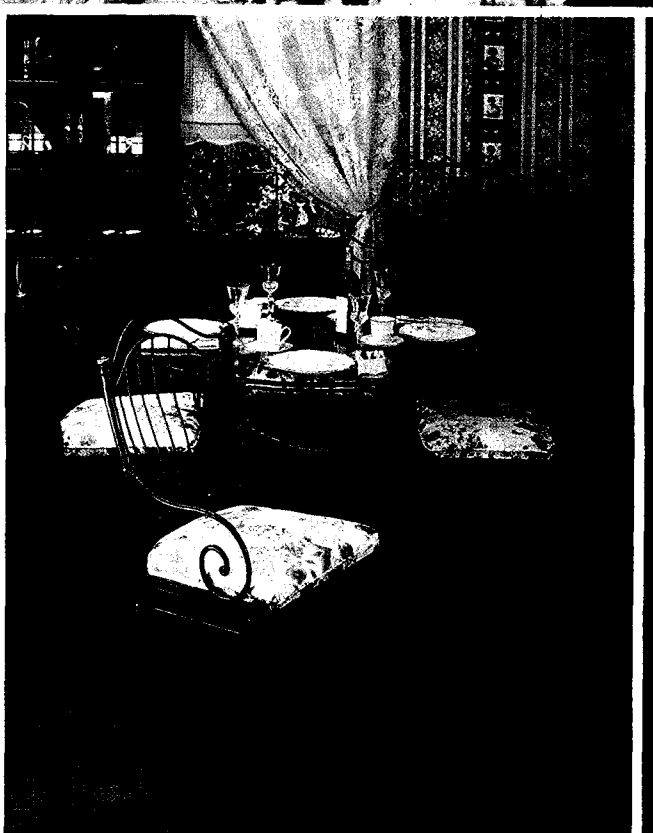
Left: Antique reproduction of a French Bread Patisserie Table

Above: Woodard's popular French Country Rocker.

Right: Traditions Crystal Top Dining Group.



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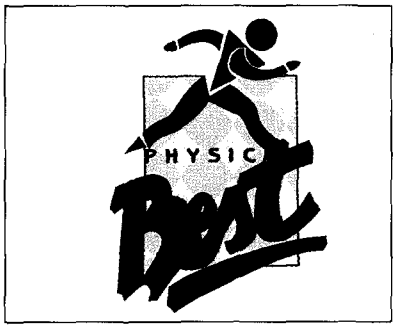

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(Cover photograph by Mario Casilli/CBS)

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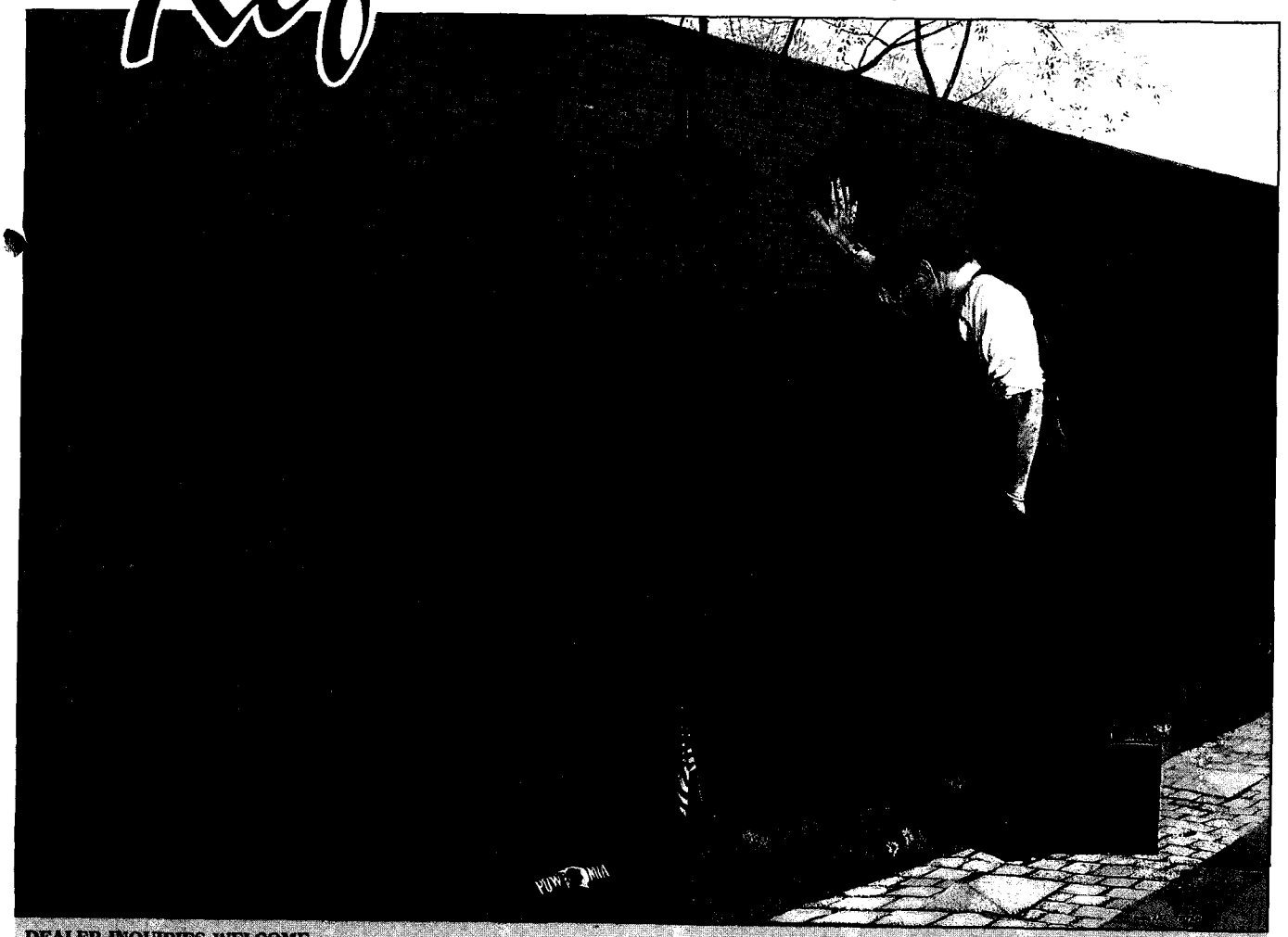
Reflections

by Lee Teter



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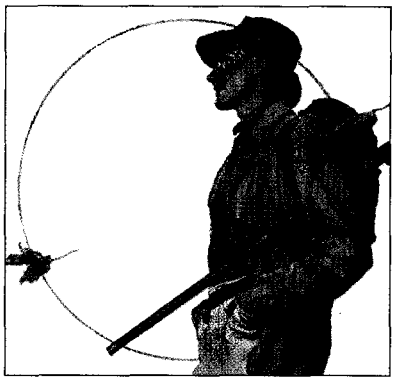

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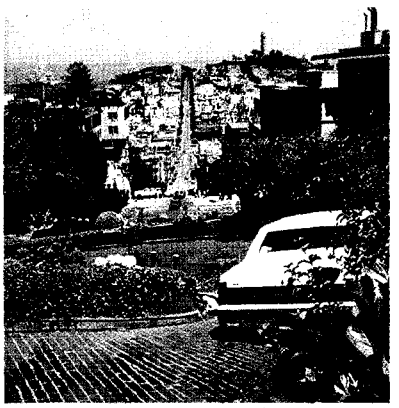

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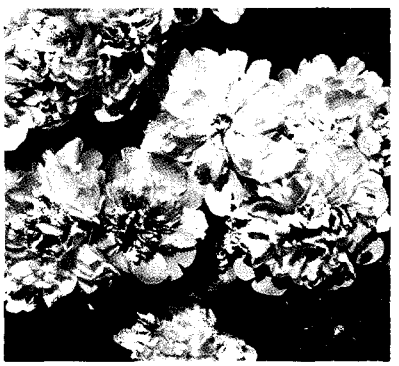

Peony Power—Rediscover th epsures of this durable, long-lived, and beautiful plant. **62**

Letters

Sales Talk

Back in the olden days, when a kid was 10 or 12 years old and wanted to earn his own money, he latched onto *The Saturday Evening Post*. If a kid was sharp and could follow instructions he could earn his own spending money and be independent.

One of the approved methods of building confidence and salesmanship was given to the new businessman and a lot of his success or failure in the business depended on if and how he used it.

(A typical scenario.) Twelve-year-old neighbor boy to lady who answers the door:

"Good morning. I'm your neighborhood businessman and I am selling subscriptions to The Saturday Evening Post. The Saturday Evening Post is a very popular weekly magazine. Even though it is called The Saturday Evening Post, actually you will get it by noon on Saturday. I get them early on Saturday morning. It costs five cents per week. I get to keep two cents from each sale. That means that I am in business for myself.

Will you go ask your husband if you can buy it?"

This is still good salesmanship and builds confidence. Today though, it might be better if he left out the last line.

Bernard Rosenberg
Tucson, Arizona

The Bottom Line

I can't tell you how much I'm enjoying reading *The Saturday Evening Post* again. I was an avid reader of it many years ago, but recently I decided to subscribe again, and I'm delighted. The quality and contents haven't changed at all, and it's like meeting an old friend.

Back in the early '30s, when youngsters (and they were very young!) used to come each Saturday with their *SatEvePost* tote bag over their shoulders, we had two little brothers deliver it to us. But one Saturday, they were taking care of their youngest brother—a toddler still in diapers—and, it being a hot summer day, the baby was wearing only the diaper and an undershirt.

After they left, we heard three excited voices out on the sidewalk, and peered out to see what had happened.

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How I wish I'd had a camera, or that Norman Rockwell was there to peer over our shoulders. The little tike was losing his diaper, and his little bare behind was in full view. The two older boys were struggling with an oversized safety pin, trying to anchor the three-cornered pants, while the baby was protesting volubly. They finally were successful, and picked up the tote bag which had been lying on the grass, and sauntered off.

I didn't have a camera, but that scene has been with me, in memory, for many years.

I always enjoyed Norman Rockwell's covers; also the cartoons and jokes in each issue. Old Ben Franklin really started something great, didn't he?

Sara N. Kelly
Bristol, Connecticut

On the Cover

I have had a special affection for the *Post* since receiving it while growing up in South Africa in the late '50s. I left a collection of about 200 old *SEP*s behind when I emigrated to the United States in 1977. My interest in the *SEP* was ardently rekindled in that year when I met a woman who as a girl had posed for Norman Rockwell's 1957 "Lost Tooth" cover!

Since then I have endeavored to collect every single *SEP* from 1946-59 and have experienced great pleasure from doing so. Thus far I have all but 40 magazines from that period.

Last weekend I was given a bunch of modern *SEP*s and was absolutely delighted with the stories on the "cover artists." There is a wonderful magic in an old *Post* cover! Imagine my delight when I turned to the feature on Alajalov and saw a full-page replica of the only *SEP* that I'm missing from the year 1952! Since then I've had much pleasure in seeking out all Alajalov covers. For November 7, 1953 he did a charming one of two young lovers in a fall setting.

I cannot thank you enough for all the pleasure your "cover artist" features have brought me. I also love the way you use old *SEP* covers as story illustrations and for your "Can You Name the Picture" feature. I know the covers from the 1946-59 period so well that I can usually identify the month and the year they're from. There are only three covers from that period that I have never seen (most of my missing issues are Rockwell covers which are rare and very expensive), and perhaps you can describe them to me. They are: October 8 and December 3, 1949; and August 26, 1950. I would love to see or imagine those covers.

Thank you for a great magazine, past and present, and keep up the good work.

Glenn McKure
Newport, New Hampshire

Glad to Hear About Galactosemia

In reading the question and answer in the Medical Mailbox of the July/Aug. issue of the *Post*, I was amazed at the accuracy and thoroughness of the information on galactosemia.

I have two sons, Jim is 27 and Kevin is 25 years old, with this same condition. Never have I been able to talk to anyone knowledgeable about galactosemia, other than the diagnosing doctor, Dr. Samuel Bessman at University of Maryland Hospital, Baltimore, in 1964 and the follow-up doctor, Dr. Bernice Sigman, also in Baltimore. I was under the impression that Gerber Meat Base Formula (MBF) (beef heart) was the only formula available for this condition. That is what we used. What do (or did) other people use? Enclosed is an article about MBF saying it is not produced any longer.

Back to the question-answer of Sylvia Duquette of West Springfield, Massachusetts. I feel that we have fared well. Our sons are in the best of health so far. They watch their diets, have jobs, live independent of us in their own home and take care of responsibilities they have.

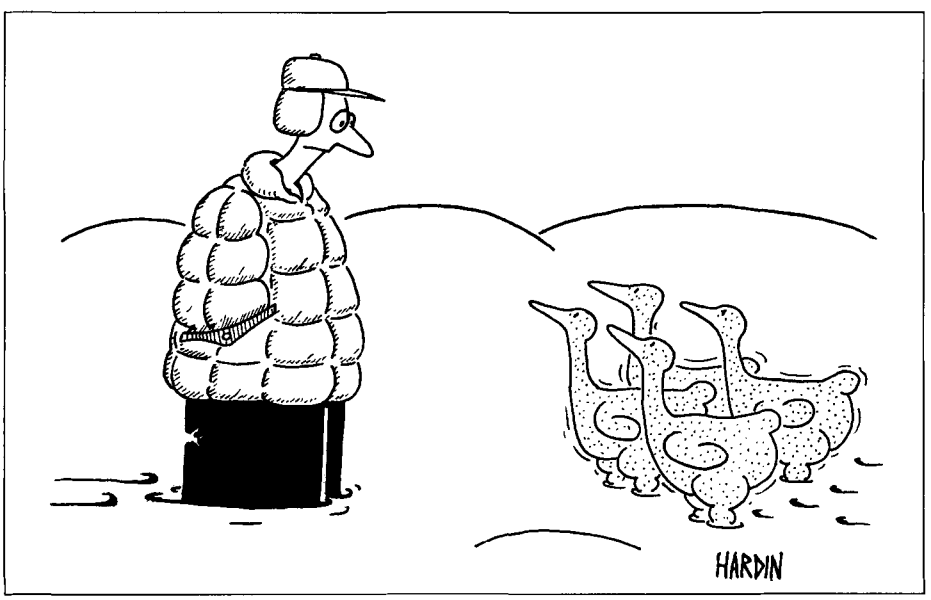
As Mrs. Duquette asked, I also asked our family doctor about Lactaid, and this product is not for them. From our experience, there is quite a bit of misunderstanding over the condition of lactose intolerance and galactosemia.

Beverly Ann Fitzgerald
Emmitsburg, Maryland

Editor's note: While Lactaid, Dairyease or Dairy Joy are a godsend for people with lactose intolerance, these products do not eliminate the galactose from milk, or reduce its harmful effects for a person with galactosemia.

The *Post* Comes Clean

I am glad to see *The Saturday Evening Post* returning to better articles, more on religion, decency, and moral values.



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Relive the golden age of America's family farms!

Bountiful Harvest

by Emmett Kaye

A numbered limited first edition collector plate trimmed in 23kt gold.

The year is 1917. One in three Americans lives on a farm, like this one in Kansas, where the harvest of a bumper wheat crop is under way. The son, who will someday inherit the farm, brings water for his hardworking father.

What makes this painting special is its realism. You can tell this is a prosperous farm—the family owns a 1915 Ford Touring Car. And it is a modern farm—equipped with the latest Case steam-engine tractor. Yet the real strength of the farm, is the family. Father and son... that's what makes this painting so inspiring!

Artist Emmett Kaye is known for his authentic paintings on American themes, which have appeared in numerous magazines and books and as fine art prints. "I love this era," says Kaye, who has made many trips to Kansas. "The family farm was at its peak, and farm machinery made farmers incredibly productive. This is how our country became so strong!"

A Limited First Edition

Now, *for the first time*, "Bountiful Harvest" appears on a collector plate. It is the first in the *Farming the Heartland* series. Each painting will portray an American farm scene of this same era. And they are appearing on plates for the first time.

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For years I subscribed to your magazine. Then I dropped it as there seemed to be more and more liquor ads, tobacco ads, pictures not suitable to have in a family home.

I hope you can continue your drive for a return to godliness.

Edna Huff
Wichita, Kansas

Granted

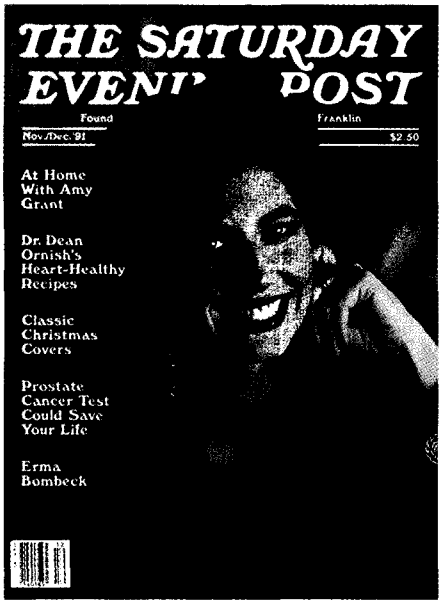
I would like to commend you on your article, "Amy Grant: Charting a New Course."

It is refreshing to hear about a song artist whose top priority is her family instead of partying or working. Let's take a look at Madonna. If everyone used her as a role model, look at what our society would be like. There would be no concern for family or friends, only a concern for material items and how to have a good time. By using Amy Grant as a role model, I think our society would be a much better place to live in.

The Saturday Evening Post should be commended on its good selection of articles. Keep up the good work.

Jill Vander Top
Sioux Center, Iowa

Your Nov./Dec. '91 article and photos of singer Amy Grant were great! Her music and videos are a welcome change from the likes of Madonna, Cher, and Prince (to name a few) who rely on sleazy lyrics and their scantily clad bodies to make a buck. Amy Grant, on the other hand, is a great role model for today's young people, and those who criticize her for "crossing over" to pop music are just being ignorant. Her decison was a good one



because now she has reached a much larger audience, and many fans will check out her gospel music which they might've never listened to if not for *Heart in Motion*.

I'm 23 years old. I'm a big Amy Grant fan. I've seen her four times in concert, and her *Heart in Motion* tour this past summer was no different than any other performance (except for some pop music). Amy still sings gospel songs and speaks to her audience about her faith in God, so people who think that she had abandoned her Christian roots are mistaken.

In a society where sex, drugs, suicide, and devil worship are so prevalent in the music industry, Amy Grant should be commended, not condemned, for her positive, inspirational, and upbeat lyrics.

Tim Grant
Bernardstown, Massachusetts

At last! A cover photo and feature article for Amy Grant ("Charting a New Course," Dec. '91). I have been an Amy Grant fan for a little over a year now. Her beauty is staggering enough to catch any eye, and her songs are truly inspiring. A closer look reveals a woman who has always kept her head and heart grounded in love of family, respect for fans, and reverent praise to God. To many, Amy Grant personifies all that is success. To me, she epitomizes the perfect woman.

Joseph Canary
Pittsburgh, Pennsylvania

Discovering Columbus' Descendant

I would like to call attention to the article on Christopher Columbus by William H. Holden (Jan./Feb. '92 issue of the *Post*). The article states on page 51 that Christopher Lee is the only living descendant of Columbus.

I would like to call attention to another publication, *National Geographic*, Jan. '92. On page 16 is a picture of "Cristobal Colon XX," called "Columbus' direct descendant and namesake."

Could you clarify if the Pennsylvania "Christopher Lee" is the only Columbus descendant in the United States or was this simply an error in your article?

June Potter
Ridgeville, Indiana

Editor's note: Our writer's statement was misleading. There are doubtless many Columbus descendants living today but few who know of the relationship.

Cartoons: Endangered Species?

I'm almost a fossil. I cannot remember when I did not want to be a cartoonist, and the route I have taken to begin that endeavor has been a long and arduous one. One of my

"He's a smart kid, but somehow just can't learn how to operate something as complex as a piece of aluminum on a stick."

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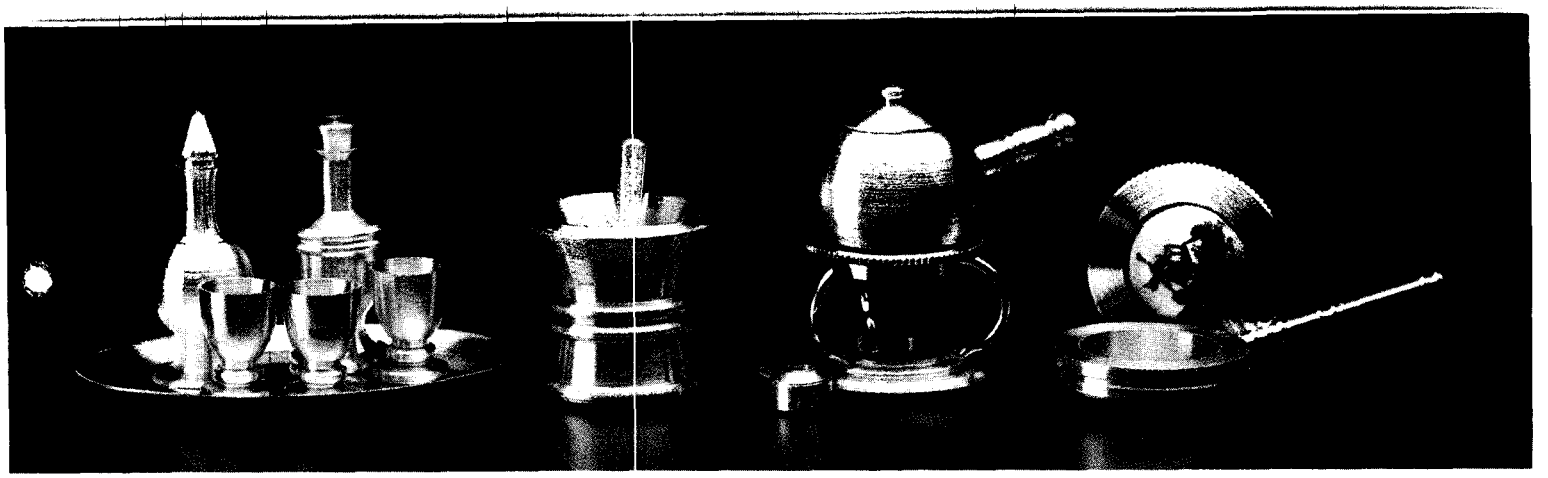

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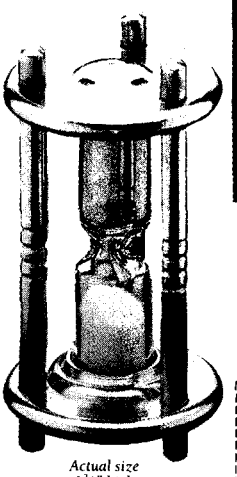

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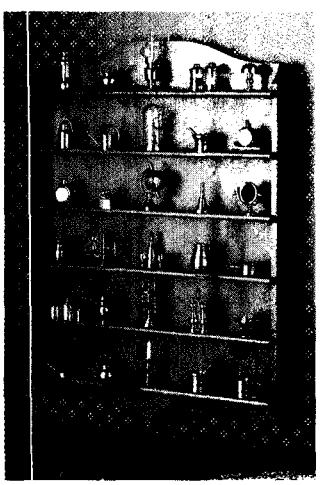

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dearest goals (definitely in the top 14) was finally realized when I got a cartoon in your Jan./Feb. '92 issue! However, anyone who follows your magazine can plainly see that the chances of further publication for myself and others is dwindling as the number of cartoons per issue declines. Other magazines have shown similar declines.

I believe people get a great deal of satisfaction from cartoons. Bulletin boards, desks, lockers, and refrigerator doors are covered with them. And I dare say the *Post* can proudly say it has supplied a grand portion of them. But if the *Post* and other publications do not reverse this decline, cartoonists will soon be placed between the brontosaurus and the dodo bird in *Things That are Extinct*. Please be kind, stop the decline.

John R. Shanks
Durham, North Carolina

An essential part of *The Saturday Evening Post* has been, and continues to be, the quality and content of its humor, including cartoon humor. I've noticed that, in some recent issues, the number of cartoons has decreased. I hope that you'll be able to retain the amount of cartoons that you've used in the past, since they add so much to the enjoyment of the *Post*.

Lawrence Brown
New York, New York

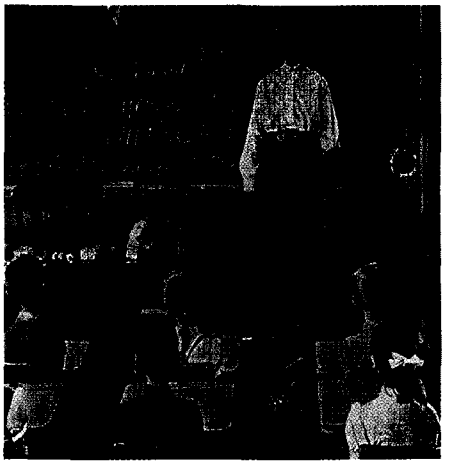
Say Wen

Re: "To Be Correct—" Nov./Dec. '91 issue:

I taught English for many years at the middle school level. Every once in a while a student would use the word "ain't." I'd correct him, and almost always got the response, "Ain't is in the dictionary."

I'd answer by saying, "Well, all right, you can use it, but it sounds like hell to me."

Naturally, some students would pipe up with, "You can't say that word." My answer was, "If you can



say ain't because it's in the dictionary, I can say hell because it's in the dictionary, too."

I don't suppose I helped eliminate ain't, but the kids did think a little.

Richard Conklin
Ladysmith, Wisconsin

Sex Marks the Spot

I was distressed to see the recent [Jan./Feb. '92] *Saturday Evening Post* cover, a copy of which I have enclosed. Your wonderful, wholesome, family-oriented, "rated-G" magazine has just become "X-rated." How can I leave it lying around the house with a cover listing the article "Do Rxs Ruin Your Sex Life?" If you wanted to have such an article, I can't stop you, but I can sure request you not have it on the cover!

I have young pre-teen children and they do not need to know whatever the article says! I have not read the article . . . I only saw it "advertised" on your cover and had to write to you immediately!

Please reconsider your qualifications for listing articles on the cover. Please think of the children around the homes which subscribe to your magazine. Don't lower yourself to being like other magazines which have many "sex" articles.

Other than this complaint, I have truly enjoyed my one-and-a-half years of subscribing to *The Saturday Evening Post*.

Carolyn Sylvester
Reading, Massachusetts

"Nothing but seed catalogs."

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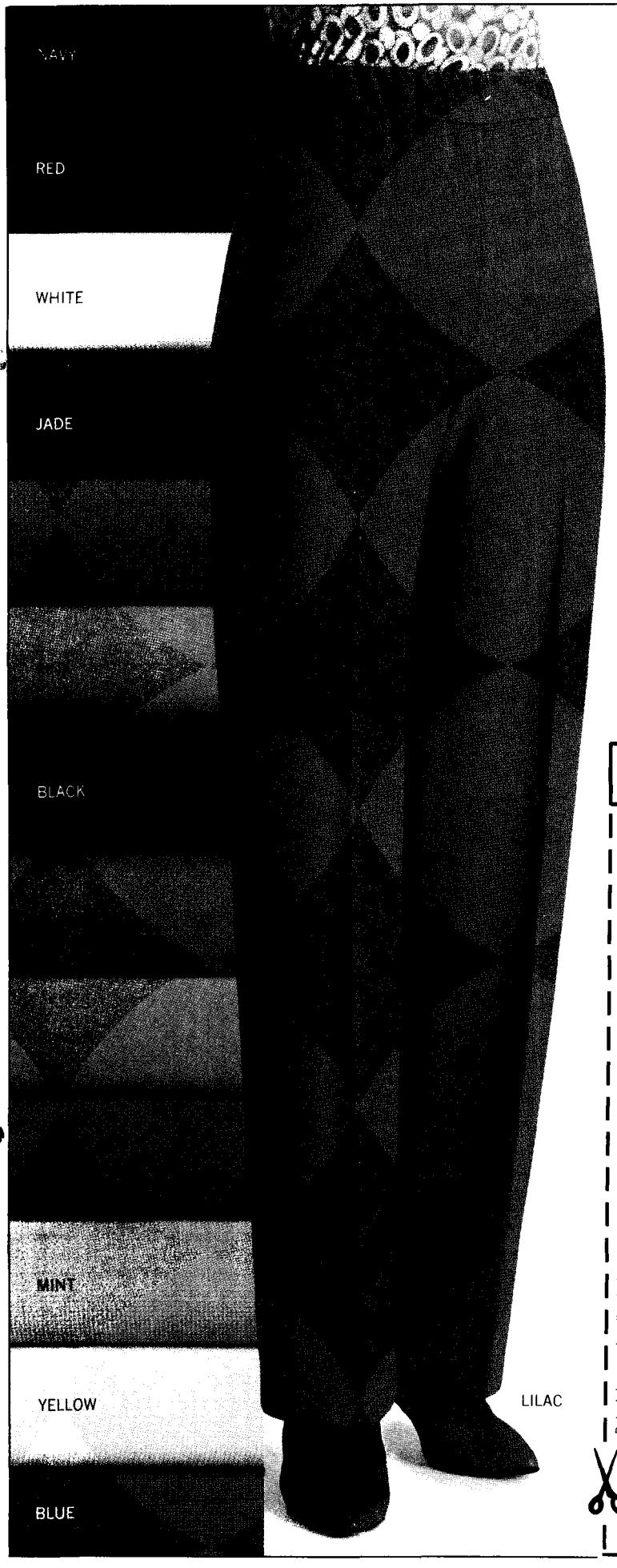

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Post People

"You ain't hip unless you watch ***Regis (Philbin) and Kathie Lee (Gifford)***," says late-night host Arsenio Hall.

So what goes on here? Everything, it seems, from a kick-by-kick description of Kathie Lee's pregnancy with her son Cody (courtesy of husband Frank Gifford of football fame), and Regis' confession of tripping on a cobblestone. Somewhere in between these personal unwrappings, guests appear who have asked to become a part of this syndicated no-script morning TV phenomenon.

Somehow, according the rating service of NTI, "Live with Regis and Kathie Lee" has become the fastest-growing national talk show. It you are hip, you already know why. ♜

When ***Ruth Bell Graham*** was asked for advice to other women who wanted to be like her, she replied that she loved the old saying, "One's enough of anybody I ever saw."

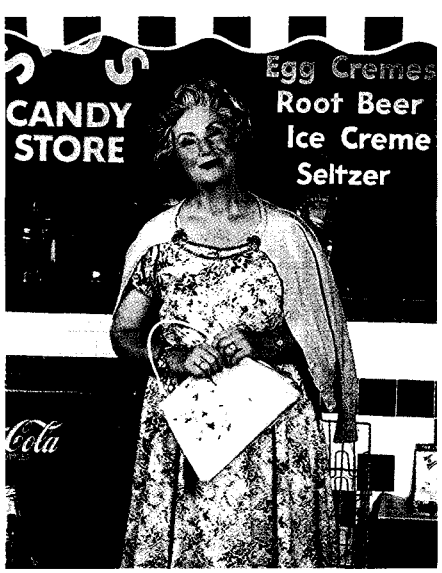
To become a clone of this devoted wife of Billy Graham, the world-renowned evangelist, would, for any number of reasons, of course, be impossible.

Raising five children virtually alone because their father's calling of saving souls took him from the family's mountain home in North Carolina for weeks at a time. Having to watch two sons turn from their religious upbringing to the broad road that leads to destruction—and finding the answer in Phil. 4:6. Writing the book *Prodigals—and Those Who Love Them*, her tribute to the years of waiting for her sons to return to the teachings of the Bible. (Both boys, now involved in Christian work, credit the prayers of their mother.)

"Although there are lots of books available on the parable of the Prodigal Son," she says, "I couldn't find a single book that encouraged a mother or father of a prodigal today."

Well . . . there is now. ♜

If you were a fan of "Happy Days," you'll remember ***Marion Ross*** as the genial everymom, "Mrs. C." If you were not a fan, you can become acquainted with this talented actress as

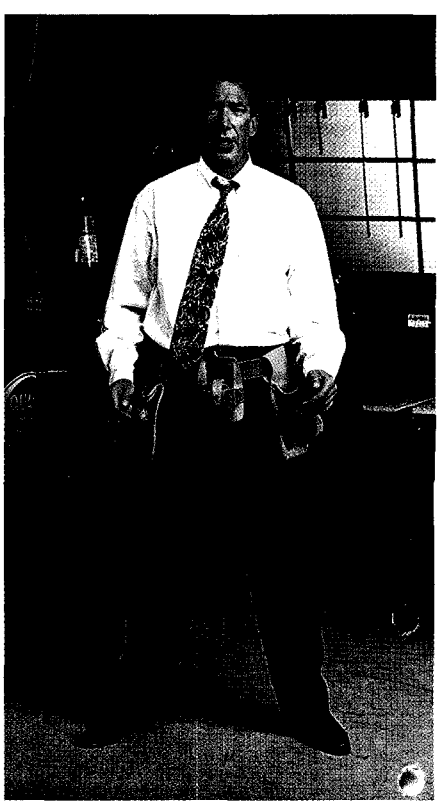


the fiercely protective Jewish immigrant grandmother in "Brooklyn Bridge," an acclaimed and nostalgic period comedy on CBS.

The 63-year-old star, of Scotch-Irish Minnesota stock, at first questioned the wisdom of casting her for the role. "Then it struck me," she says, "that they were looking for an essence, a reality—anything but a caricature." She now calls her character of the feisty grandma Sophie "a treasure trove."

"I'm not just an old fuddy-duddy," she declares, "this is workin' for me." ♜

Of the few new TV series in the current season to do so, "Home Improvement" became an immediate hit—now rated among the top 10. A family situation comedy, its ideal positioning between two bigger hits, "Full House" and "Roseanne," is but one of the possible reasons for its success. A second reason definitely is the talent of ***Tim Allen,*** who stands tall as Tim Taylor, host of a cable-TV home repair show called "Tool Time."



Loosely based on *Iron John: A Book About Men* by Robert Bly, "Home Improvement" chronicles the misadventures of a natural goof-up whose masculine pride frequently gets him into trouble. In a typical miscalculation he blows up the dishwasher.

As ABC puts it, "Tim forges ahead, secure in his belief that most problems can be solved by merely increasing the voltage." ♜

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IRISH WITH A TWIST

The notorious Irish bull is an expression that juggles apples and oranges while dancing a jig.

by Wen Smith

Illustrated by Don Trawin

My friend Charlie came into this world with the gift o' gab. His conversation is effortless, full of a leprechaun's charm and all the clichés of Killarney, although he swears with a sober face that his parents didn't come from Ireland.

Every year he throws a St. Patrick's Day fling at his house, celebrating anything Irish. Again this year, no doubt, we'll all come away with a snootful of blarney and enough good cheer to last through Christmas.

Top o' the evenin' is Charlie himself and his way with words. At last year's shamrock bash he got to talking about the women he knew when he was younger. He spoke fondly of one special girl, who, on the night he proposed, turned him down. "That," he said, "was the lahst time I ever saw her again."

That wistful *again* was pure Charlie, telescoping two ideas as they collided head-on. When you talk with him, the plainest questions draw skewed but somehow satisfying answers. My wife admired his kelly green jacket and asked him where he got it. "Ah, now, I've had it a lahng time," he said.

During charades Charlie was called away to the phone. Moments later he explained it was a call from the local newspaper. "The rag offered me a free subscription," he said, "but it wasn't worth it."

Not long ago I tried to beat Charlie at this game. He had accused me of not calling when I'd promised I would.

"When your phone didn't ring," I said, "how'd you know it was me?"

It was Charlie's kind of question, and his easy response came from under a blade of emerald grass: "Yer right," he said, "it was probably a wrahng number."

Charlie's elfish talk isn't unique. It pops up wherever the single track of language can't handle the traffic of the double-think mind. A freewheeling talker like Charlie opens the throttle of a train of thought and gets it rolling. As the train gathers speed, he grabs words on the fly.

What comes out is the notorious "Irish bull," an expression that juggles apples and oranges while dancing a jig. It's what happened to Sam Goldwyn when he said "Include me out." It happened to Yogi Berra when he said, "If the fans don't want to come to the ballpark, we can't stop 'em." Of course, Goldwyn and Berra were only honorary Irish. Charlie is the real thing.

But we're all touched by word elves now and then, and none of us is immune to the Irish bull. The one-track English language can't keep up with our double-think brains, so our use of words is full of lapses—and laughs.

Human minds just don't work like computers. Indeed, that's one of the computer's woeful limitations. Even if an IBM clone could be programmed to think like Goldwyn or Berra or Charlie, sooner or later the machine would become predictable and not really human, after all.

As we ride the train of thought, the right word doesn't jump up when we need it. But we keep talking. Sure, we have a right to remain silent, but who can keep silent through a whole sentence, let alone say something?

Well, if you're Irish, you know what I mean. Life's a short pint at best and goes down better with a twist. So I'm really looking forward to St. Paddy's Day this year.

Charlie called Tuesday to make sure he had invited us. He had, of course.

"I was sure I'd asked you," he said. "But my memory nivver has been what it used to be."

"Charlie," my wife said, "are you really sure your folks didn't come from Ireland?"

"Absolutely," he said. "They'll nivver leave Killarney."

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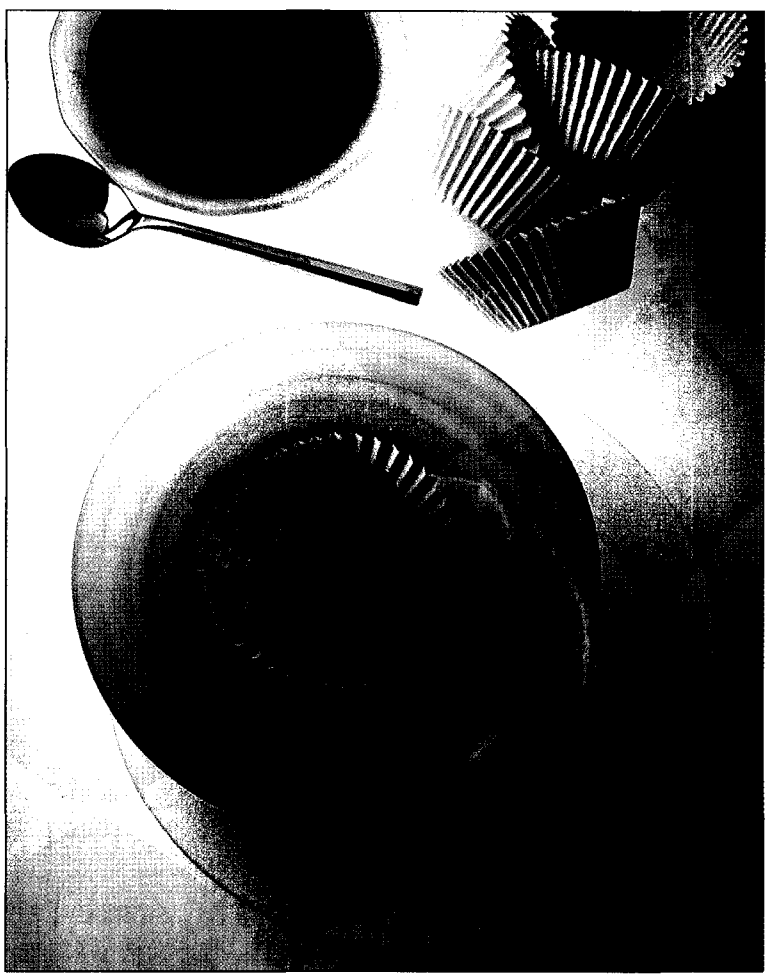
HEARTBEAT

The Healthy Heart Report

BRAN-NEW IDEAS

Keep up the healthful momentum by adding variety to your high-fiber regimen.



If high-fiber foods are high priority at your house, but some favorite recipes are losing their original appeal, it may be time for a recipe box shake-up. Here are some bran-new recipe ideas we guarantee your family will love.

Start with a muffin make-over. Substitute Applesauce Prune Bran Muffins for your usual fruit-filled favorite. Stewed prunes bring their own high fiber and a unique flavor to these wheat-bran rich morsels. Or try Carrot Oat Muffins. They contain 2.5 grams of cholesterol-fighting insoluble fiber per serving. Recent research shows as little as 2 grams of oat bran per day in the diet may significantly lower bad (LDL) cholesterol.

Home-made bread enthusiasts will find plentiful portions of fiber and flavor in Applesauce Bran Bread and Mexican Rice Bran Bread. The first is pleasantly sweet. The other, spicy hot with a wholesome blend of cornmeal, whole-wheat flour and rice bran, and a distinctly cheesy flavor.

To round out a meal, try Tofu Cheesecake, much lighter and more healthful than traditional cheesecake with a choice of delicious high-fiber crumb crusts.

♥ ♥ ♥

Carrot Oat Muffins
(Makes 8 large muffins or 12 small muffins)

3 tablespoons cannola oil
½ cup apple juice
½ cup egg substitute or 3 egg whites
1 cup oat bran cereal (uncooked) or crushed oat bran flakes
½ cup flour
2 teaspoons baking powder
1 teaspoon cinnamon
2 cups shredded carrots

Heat oven to 325° F. Combine all liquid ingredients (oil, juice, and egg substitute or egg whites). Set aside. Combine cereal, flour, baking powder, and cinnamon. Fold in liquids. Mix well with wire whisk or spoon and fold in shredded carrots. Portion into muffin cups and bake 20-25 minutes or until done.

Per Serving (1 large muffin):
Calories: 130 Sodium: 178 mg
Protein: 3.4 gm Cholesterol: 0 mg
Fat: 5.7 gm Carbohydrate: 16.9 gm
Fiber: 2.5 gm

♥ ♥ ♥

Mexican Rice Bran Bread
(Makes 12-15 slices per loaf)

1 teaspoon cornmeal
2-2½ cups whole-wheat flour
1 cup crushed rice bran cereal
2 teaspoons sugar
½-1 teaspoon red pepper
1 package quick-rise yeast or cake yeast
⅛ teaspoon baking soda
1¼ cup water
¼ cup skim milk
2 tablespoons margarine
1 cup shredded low-fat cheddar cheese

Spray 8" x 5" loaf pan with non-fat cooking spray. Sprinkle sides and bottom with cornmeal. In large mixing bowl combine 1 cup flour, rice bran cereal, red pepper, and baking soda. In ¼ cup warm water add yeast and sugar. Set aside 5-10 minutes to rise. Heat water, milk, and margarine to 120-130°. Combine dry ingredients, risen yeast, and hot liquid. Mix on

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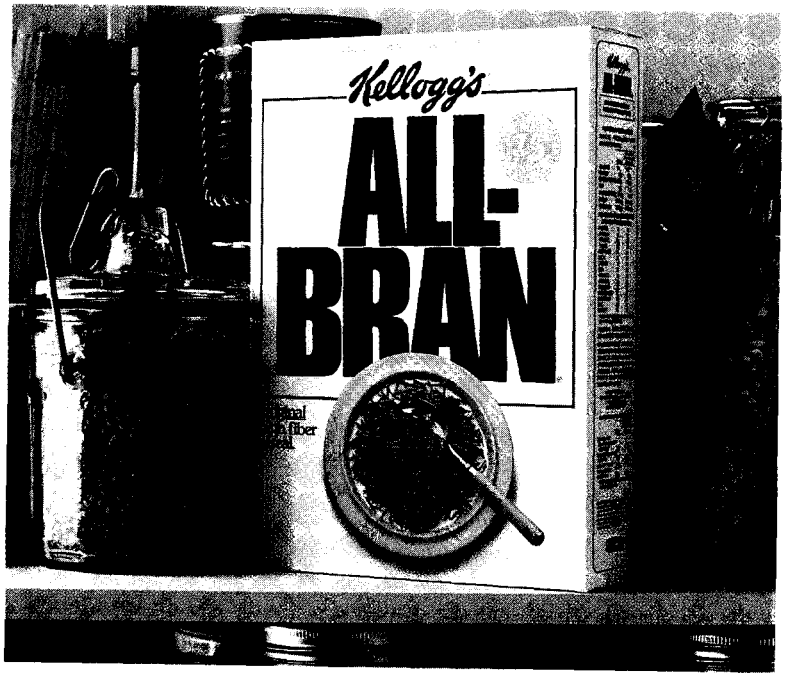

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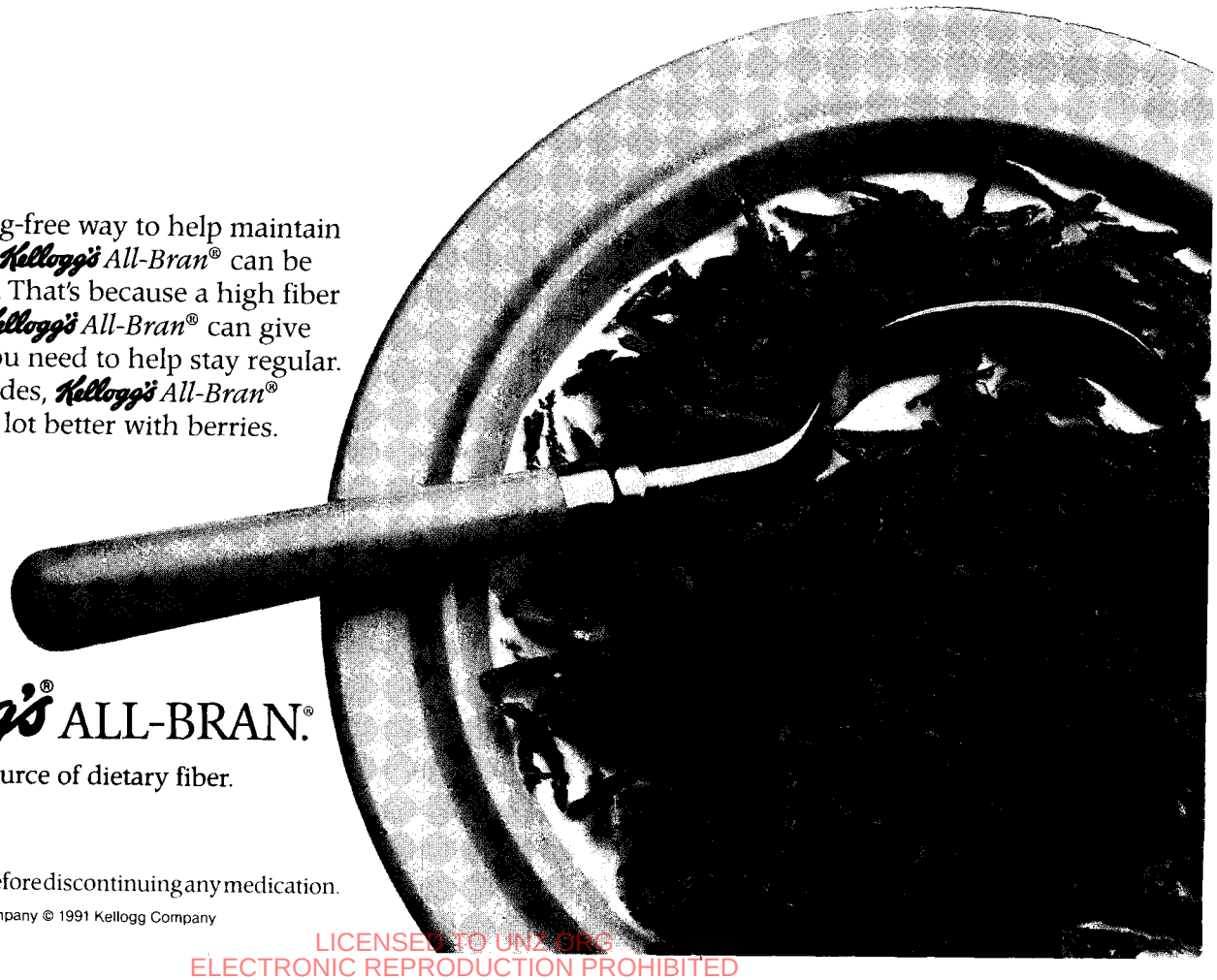

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HELP! I'M BEING AUDITED

An IRS audit is a nightmare for any taxpayer. If it happens to you, eight simple steps can help you avoid many headaches.

by John McCollister

There are days when you wish the mailman would mind his own business. At least that's how you feel when he delivers the most unwelcome letter you'll get all year. Shortly after the turmoil of meeting the April 15th federal income tax deadline, you could receive in the mail an official notification that your name was selected (along with about one million other Americans) to be audited in 1992.

No other letter—except for the one mailed by the Army that began "Greetings . . ."—is as disrupting.

And if you're like most of us, you react with emotions that invite wrong conclusions.

♦ *Anger—"The government is picking on me."*

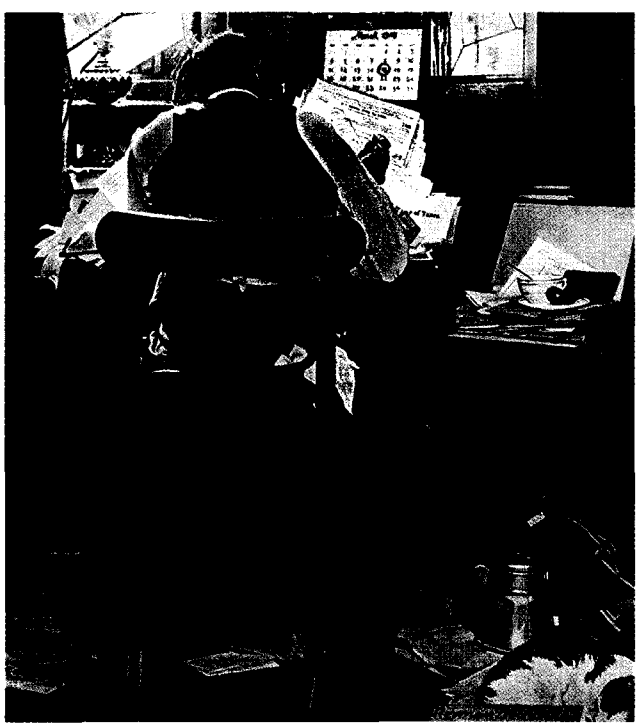
Not so. Your return was selected for audit for one of two reasons; either someone has "turned you in" or a computer has found too many inconsistencies in your statement.

"Many taxpayers are audited because a resentful former spouse or jealous neighbor reports someone for 'cheating' on his or her tax return," says Robert Anderson of Los Angeles, a former IRS agent and tax law specialist. "Normally this is nothing but sour grapes with no facts or documents to support the allegations."

Most commonly you are audited because a computer has raised a number of "flags." It's a matter of percentage. If your tax return reveals deductions that, in the opinion of the IRS, exceed an acceptable percentage in a certain area, you will probably be selected for an audit. For instance, if you declare unusually high medical expenses or claim several thousand dollars in charitable contributions, your return triggers flags. If enough flags go up, your return is selected for audit.

♦ *Guilt—"I must have done something wrong."*

Nonsense. Records indicate that most Americans are honest when filing tax returns. "Most of the returns we audit show no evidence that the taxpayer deliberately tried to cheat the government," says Holger Euringer, public affairs officer for the IRS in Jacksonville, Florida. "If there is a change, generally it's the result of a mathematical error or the inability of the taxpayer to supply proof for claimed deductions."



Careful attention to detail will stand an honest taxpayer in good stead in the unlikely event of a "difference of opinion" with the friendly neighborhood IRS.

♦ *Fear—"I'm going to be fined . . . or worse."*

Again, not true. If a deduction is not allowed by the IRS, it's probably because the auditor interprets the law differently from you. Usually the penalty amounts to little more than a few dollars for back taxes plus interest.

"Heavy fines and imprisonment imposed by the U.S. District Court result from an in-depth probe by the criminal investigation division of the IRS," Euringer warns. "And this does not involve the average taxpayer—only those who deliberately thumb their noses at the law."

♦ *Revenge—"I'll get those guys at the IRS."*

Bad strategy. That attitude won't help you one bit. IRS auditors are professionals schooled in IRS codes. Sure, they have a thankless job, but they do know their income tax.

Approaching an audit with a superior attitude can be a big mistake. This puts the auditor on the defensive and can hurt you in the long run.

You'll probably experience all of the above feelings when you receive your audit notice. And the feelings may be enhanced by exaggerated "war stories" of other people who have been audited.

Your anxieties increase once you realize that you're entering unfamiliar territory with unusual ground rules. In every court of the land a person is presumed innocent until proven guilty. At an IRS audit, the burden of proof is on you.

An IRS audit may not be the most pleasant way to spend an afternoon, but by following eight simple steps, you can avoid many headaches.

1. Keep a positive attitude. Although our tax structure was created to generate funds necessary to run the

continued on page 86

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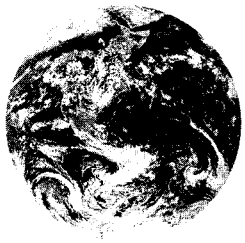
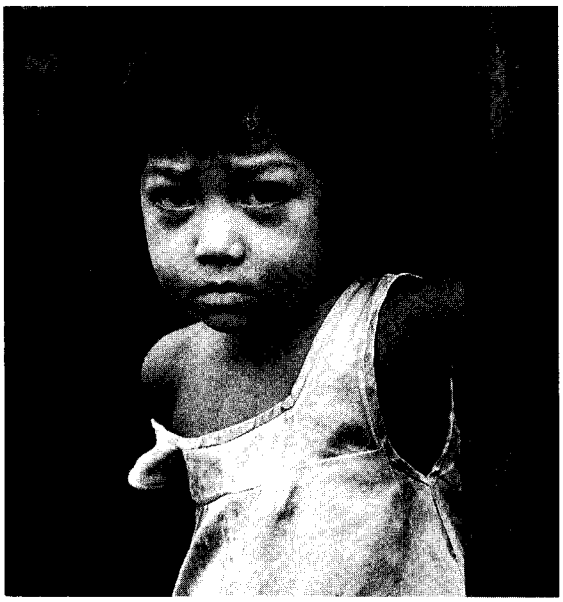


Maybe You Can't Save The World.



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Dr. Paul F. McCleary, Executive Director
Christian Children's Fund
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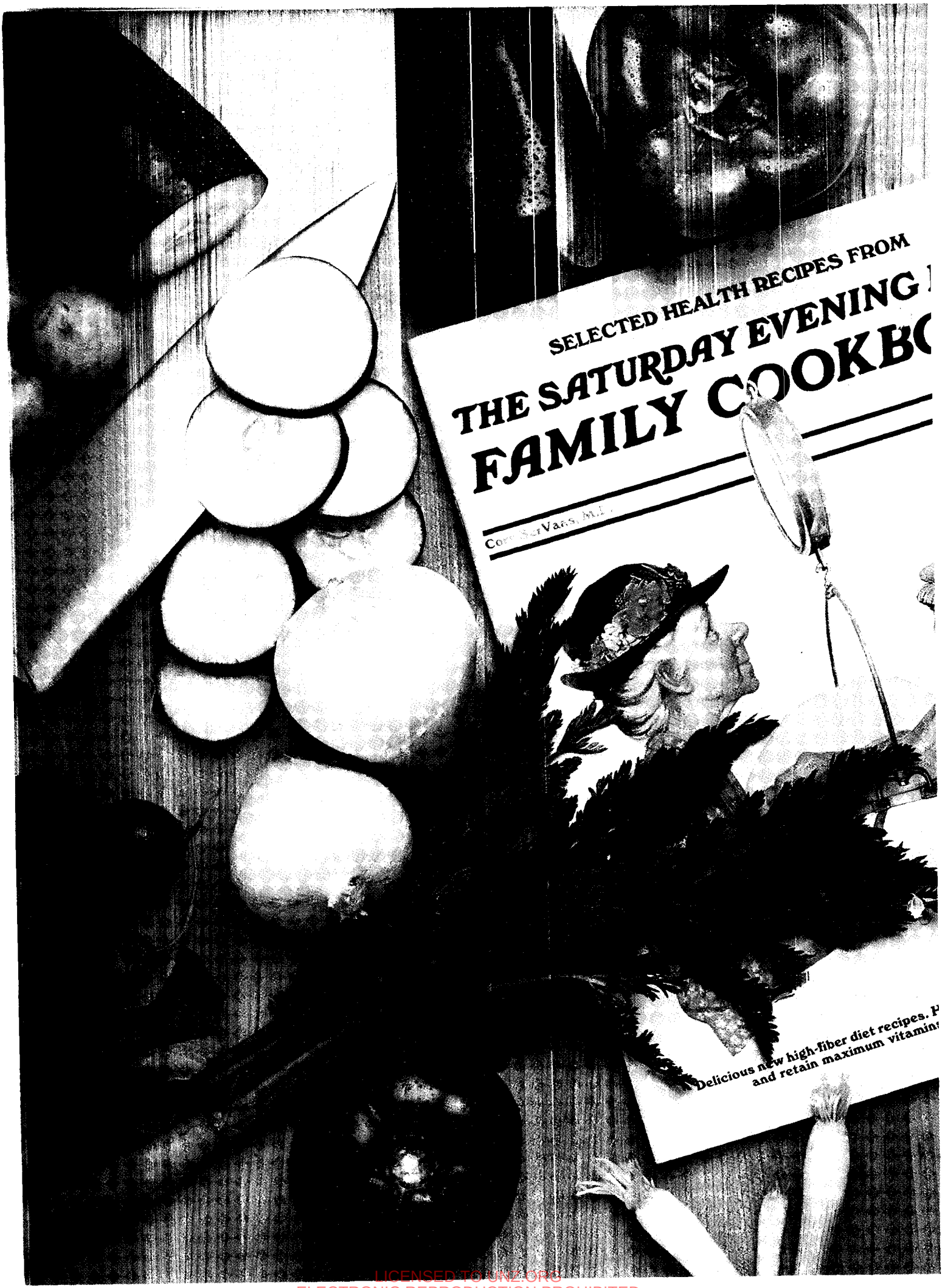

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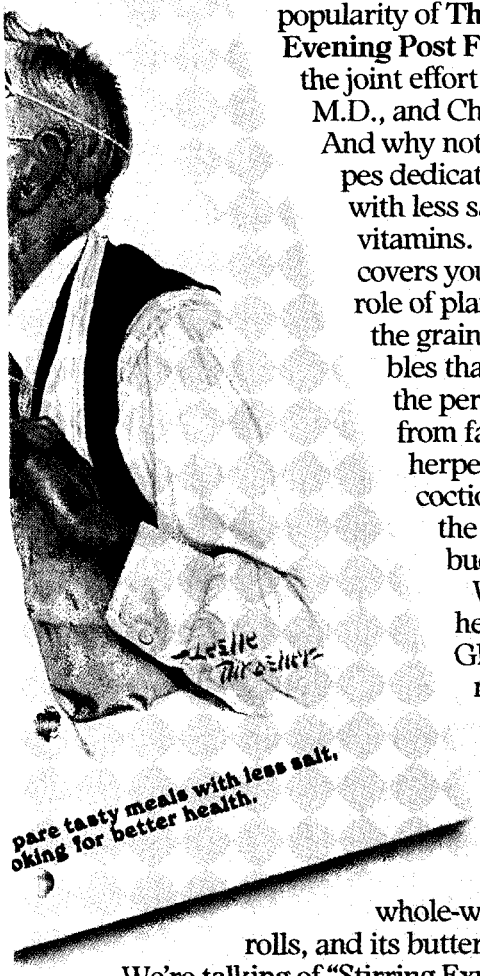


What could be more appropriate—a better-health cookbook of delicious high-fiber diet recipes to accompany the legendary all-American magazine that has said no to booze and tobacco advertising and replaced those pages with an emphasis on a long, happy, healthy lifestyle.

More than 390,000 copies of this 8½" × 11" publication attest to the popularity of **The Saturday Evening Post Family Cookbook,** the joint effort of Cory SerVaas, M.D., and Charlotte Turgeon. And why not? It offers 110 recipes dedicated to tasty meals with less salt and maximum vitamins. Between its soft covers you'll learn about the role of plant fiber in the diet; the grain, fruit, and vegetables that supply the fiber; the percentage of calories from fast foods; a diet for herpes control; and concoctions that will make the 112 pages a taste-bud's wonderland.

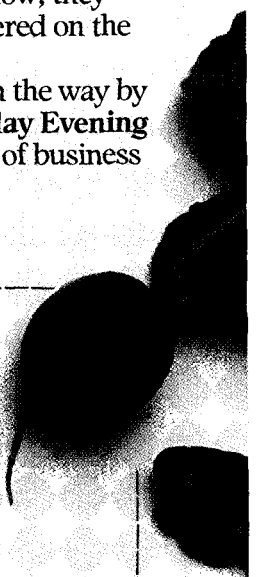
We're talking here of "Morning Glories"—from cornmeal waffles to sourdough buckwheat pancakes. Of "Learn to Love Loaf-ing"—its high-fiber onion-rye buns, its whole-wheat apple-nut rolls, and its buttermilk raisin bread.

We're talking of "Stirring Experiences," and celery soup, sweet-and-sour cabbage soup, corn-and-cheddar-cheese chowder. Of "Taking Your Leaves"—which includes tomato rice salad, lentils vinaigrette, and carrot salad extraordinaire. As for "The Main Event," how about broccoli-cashew casserole, baked bran swordfish steaks, roast chicken with corn-bread stuffing? And then there are the "Lucky Breaks" of honey-wheat cookies, meatless reuben sandwiches, breaded carrots . . . and on through "Making Light of It," and much, much more.

Best of all, with your subscription or renewed subscription to the **Post,** the **Family Cookbook** will be mailed to you FREE. And the **Post,** as you probably already know, is the dessert among today's magazines. Our centerfold pictures concentrate more on the inside of the body than the outside . . . our four-letter words can be read without concern by the whole family . . . our humor and cartoons are innuendo free . . . the celebrities we write about in sports, religion, entertainment, or whatever, are people you would want your children to meet . . . our puzzles and quizzes and contests are good clean fun . . . our travel pieces take you via armchair express to only the best places . . . our food articles and medical updates are aimed at keeping you healthy.

Yes, you could say (we won't, but you could) that by giving the **Family Cookbook** FREE with a subscription or renewal to the **Post** we have gone all to health. But as many of our millions of readers let us know, they prefer this emphasis over anything else offered on the newsstands today.

Why not start your own health recipes on the way by signing up for the health-promoting **Saturday Evening Post** today? It might just be the best stroke of business you will have done since your last physical.



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HEARTBEAT

The Healthy Heart Recipes

CARB UP WITH RICE

One of nature's true superfoods, rice is rich in complex carbohydrates that rev up sagging energy levels.

by Patrick Perry

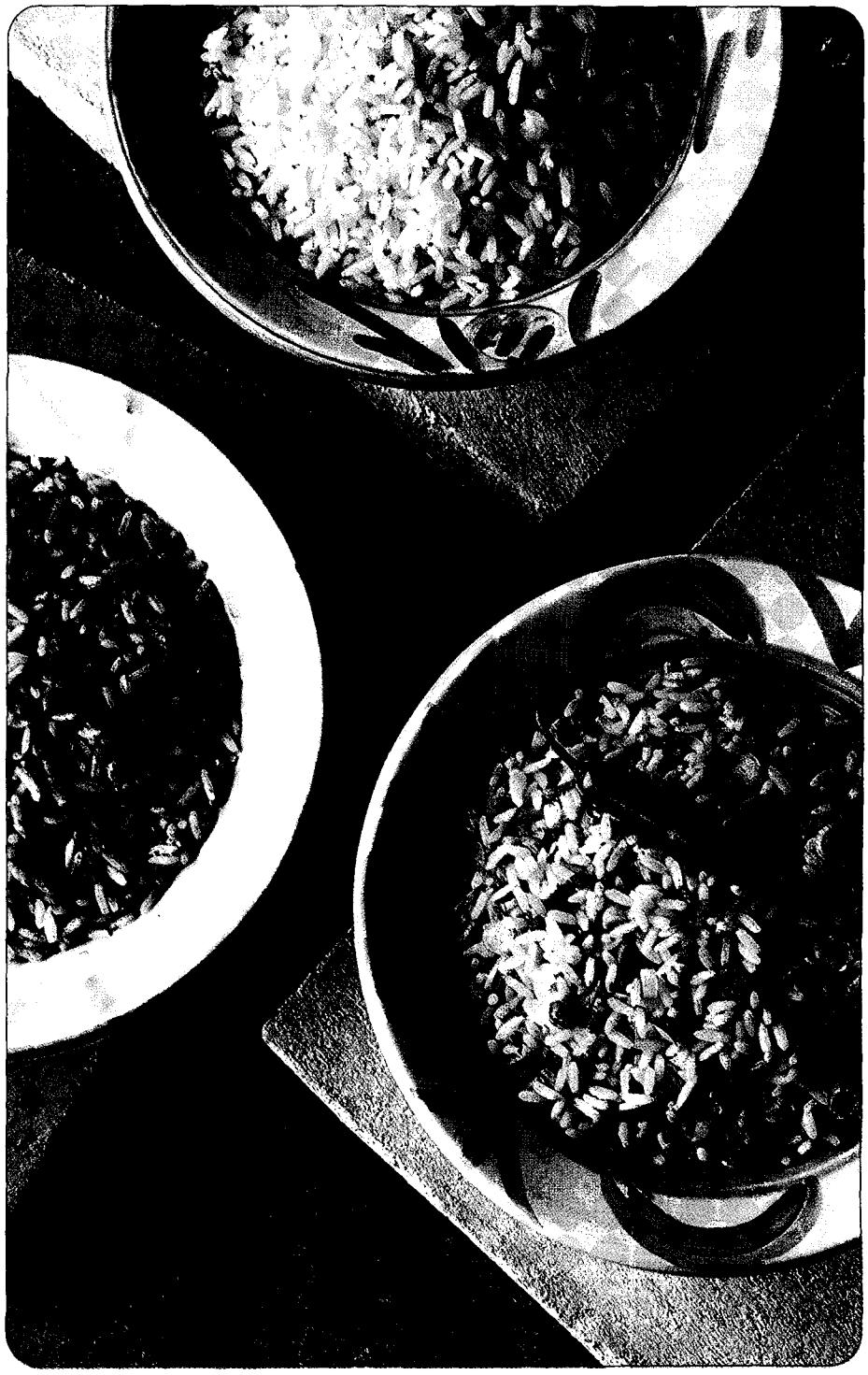
After two decades on a merry-go-round, American tastes are coming home. Simple, wholesome foods are reappearing at dinner tables and on menus across the country.

We're returning to basic foods, like rice. In one form or another, rice is a staple in the diet of many cultures around the globe. In Eastern countries, a meal isn't really a meal if rice isn't present. The tiny grain ranks as one of nature's superfoods, supplying the human body with nutrients vital to our health and survival—and in line with today's heart-healthy lifestyles.

Rice had a rather inauspicious introduction to the United States. In 1694, a ship sailing from Madagascar to England was thrown off course and forced to land at Charleston, South Carolina. Grateful for the hospitality offered to him and his crew, the ship's captain presented the governor a handful of rough rice grains, which the colonists used for seed.

Since then, rice has appeared alongside, in between, on top of, and underneath every dish imaginable. Economical, easy to prepare, and infinitely versatile, rice is an excellent source of complex carbohydrates—the energy food—which nutritionists recommend comprise at least 50 percent of our diet. Rice is low in calories at only 82 calories per half-cup serving, contains only a trace of fat, is cholesterol free, and offers very little sodium (unless salt is added during cooking). Brown rice, a natural source of the much-publicized rice bran, has a slightly chewy texture and nut-like flavor, and offers appreciable amounts of life-sustaining fiber.

For the health conscious, the good news is that rice is *one* food you don't have to give up! Nix the salt and forget the fat—just enjoy the texture and flavor that rice adds to cereals, soups, salads, entrées, and breads. Brown Rice Royal is a flavorful companion to an entrée of fish or chicken. Unusual and delicious, Spinach Feta



On the side or as entrées, unusual rice creations like (top to bottom) Arroz Blanco, Green Rice, and Rice with Tomato and Chiles are always welcome at mealtime.

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Rice, served with fresh fish, is a tempting departure from tradition. Lentil and Rice Stew is a light and lively lunch. An American favorite, Stuffed Green Peppers, is always welcome at mealtimes.

♥ ♥ ♥

Arroz Blanco
(Makes 6 servings)

1 tablespoon margarine
½ cup chopped onion
2 cloves garlic, minced
1 cup uncooked rice
2 cups chicken broth made with 1½ tablespoons low-sodium chicken bouillon granules

Melt margarine in 2- to 3-quart saucepan over medium heat. Add onion and garlic; cook until onion is tender. Add rice and broth. Bring to boil; stir. Reduce heat; cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Fluff with fork.

To microwave: Combine margarine, onion, and garlic in deep 2- to 3-quart microwave baking dish. Cover and cook on HIGH 2 minutes. Stir in rice and broth; cover and cook on HIGH 5 minutes. Reduce setting to MEDIUM and cook 15 minutes or until rice is tender and liquid is absorbed. Let stand 5 minutes. Fluff with fork.

Per Serving (½ cup):
Calories: 147 Sodium: 21 mg
Protein: 2.7 gm Cholesterol: 0 mg
Fat: 2.1 gm Carbohydrate: 28.3 gm

♥ ♥ ♥

Green Rice
(Makes 6 servings)

2 chiles
1 jalapeño pepper
1 tablespoon olive oil
⅓ cup sliced green onions
¼ cup snipped or 1 tablespoon dried cilantro
¼ teaspoon dried oregano leaves
1 recipe Arroz Blanco (see recipe, above)

Chop chiles and pepper in food processor until minced but not liquid. Spoon olive oil into large skillet over low heat. Add chiles and cook 1 minute over medium heat. Stir in onions and cilantro; cook 15-30 seconds. Add rice mixture and oregano; heat.

To microwave: Prepare chiles and pepper as directed. Combine chiles, onions, cilantro, and margarine in 2- to 3-quart microwave baking dish. Cook on HIGH 2-3 minutes. Add rice mixture and oregano; cover with waxed paper and cook on HIGH 3 minutes, stirring after 2 minutes.

Per Serving (⅔ cup):
Calories: 178 Sodium: 63 mg
Protein: 3.1 gm Cholesterol: 0 mg
Fat: 4.5 gm Carbohydrate: 30.3 gm

♥ ♥ ♥

Rice with Tomato and Chiles
(Makes 6 servings)

1 green pepper, diced
¼ cup chopped onion
1 jalapeño pepper, chopped
1 tablespoon olive oil
1 recipe Arroz Blanco (see recipe, above)
1 can (14½ ounces) low-sodium, whole tomatoes, drained and chopped or 2 large fresh tomatoes
½ teaspoon dried oregano leaves
2 tablespoons snipped cilantro for garnish

Cook green pepper, onion, and jalapeño pepper in oil in large skillet over medium-high heat until tender-crisp. Stir in rice mixture, tomatoes, and oregano; cook 5 minutes longer. Garnish with cilantro.

To microwave: Combine green pepper, onion, jalapeño pepper and oil in 2- to 3-quart microwave baking dish. Cook on HIGH 3-4 minutes. Add rice mixture, tomatoes, and oregano; cover with waxed paper and cook on HIGH 3-4 minutes, stirring after 2 minutes. Garnish with cilantro.

Per Serving (⅔ cup):
Calories: 194 Sodium: 29 mg
Protein: 3.7 gm Cholesterol: 0 mg
Fat: 4.7 gm Carbohydrate: 33.4 gm

♥ ♥ ♥

Spinach Feta Rice
(Makes 6 servings)

1 cup uncooked white rice
1 cup low-sodium chicken broth
1 cup water
1 medium onion, chopped
1 cup (about 4 ounces) sliced fresh mushrooms
2 cloves garlic, minced
Vegetable cooking spray
1 tablespoon lemon juice
½ teaspoon dried oregano leaves

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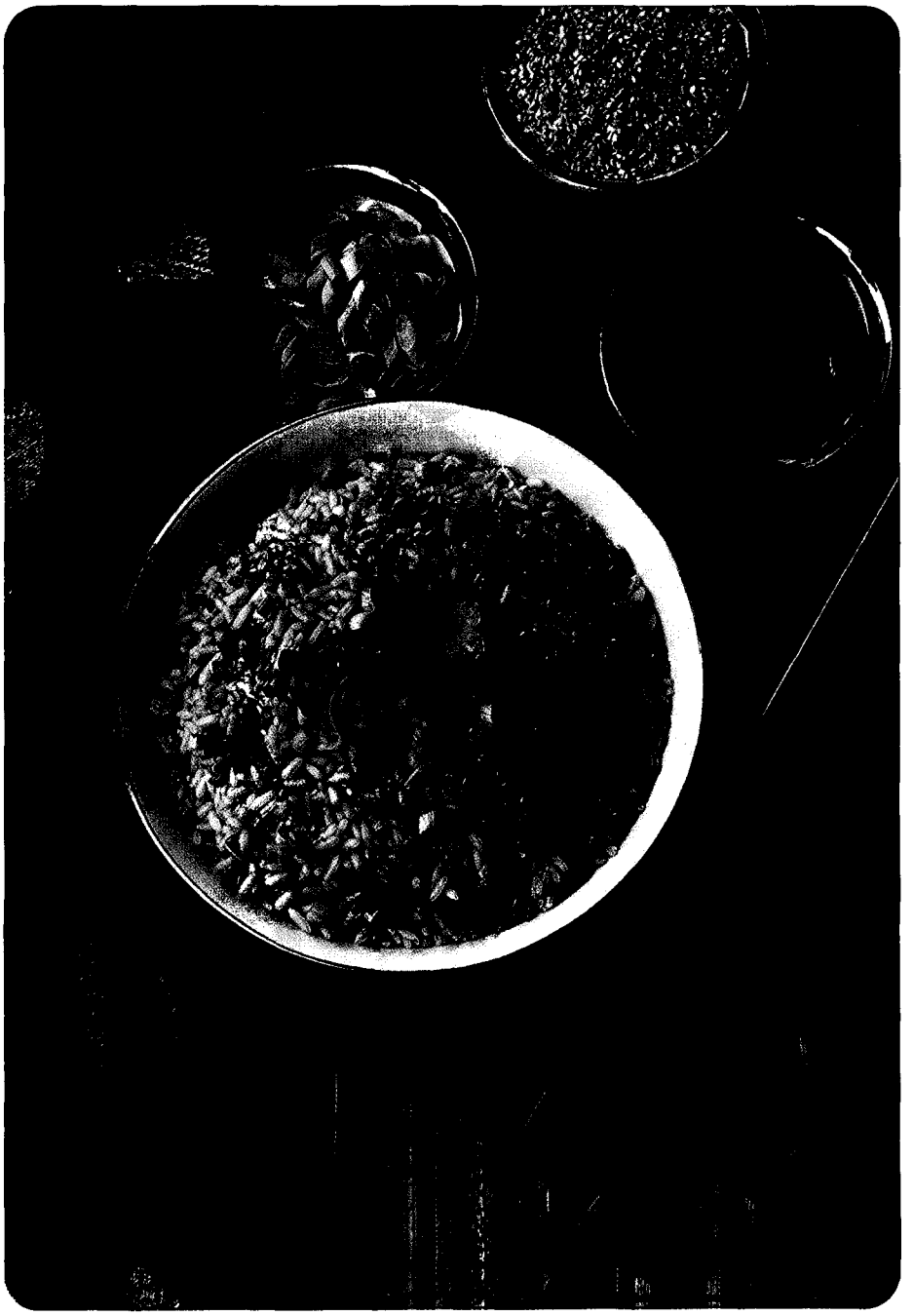
6 cups shredded fresh spinach leaves (about 1/4 pound)
3 ounces feta cheese, crumbled
1/2 teaspoon freshly ground black pepper
1/4 cup chopped red pepper for garnish (optional)

Combine rice, broth, and water in medium saucepan. Bring to boil; stir once or twice. Reduce heat; cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Cook onion, mushrooms, and garlic in large skillet coated with cooking spray until onion is tender. Stir in lemon juice and oregano. Add spinach, cheese, and pepper to rice; toss lightly until spinach is wilted. Garnish with red pepper.

To microwave: Combine rice, broth, and water in deep 2- to 3-quart microwave baking dish. Cover and cook on HIGH 5 minutes. Reduce setting to MEDIUM and cook 15 minutes or until rice is tender and liquid is absorbed. Combine onion, mushrooms, and garlic in 1-quart microwave baking dish coated with cooking spray. Cook on HIGH 2-3 minutes. Add vegetables, lemon juice, oregano, spinach, cheese, and pepper to hot cooked rice. Cook on HIGH 1-2 minutes or until spinach is wilted. Garnish.

Per Serving (1 cup):
Calories: 180 Sodium: 188 mg
Protein: 6.0 gm Cholesterol: 13 mg
Fat: 3.5 gm Carbohydrate: 30.3 gm



A taste of the East, Oriental Rice Pilaf blends the piquant flavors of onion, garlic, and toasted sesame seeds with your choice of white or brown rice.

♥ ♥ ♥

Brown Rice and Lentil Stew

(Makes 4 servings)

3/4 cup uncooked brown rice
1/2 cup dry lentils, rinsed
1/2 cup chopped onions
1/2 cup sliced celery
1/2 cup sliced carrots
1/4 cup fresh parsley
1 teaspoon Italian seasoning
1 clove garlic, minced
1 bay leaf
2 1/2 cups low-sodium chicken broth made with 2 1/2 tablespoons low-sodium granules
3 chopped fresh tomatoes
1 tablespoon cider vinegar

Combine all ingredients and 2 cups water in Dutch oven or large saucepan; bring to boil. Reduce heat and simmer, uncovered, stirring occasionally, 55 minutes to 1 hour, or until rice is tender. Remove and discard bay leaf.

Per Serving (1 1/4 cup):
Calories: 279 Sodium: 50 mg
Protein: 11.6 gm Cholesterol: trace
Fat: 1.5 gm Carbohydrate: 55.1 gm

♥ ♥ ♥

Oriental Rice Pilaf

(Makes 6 servings)

1/2 cup chopped onion
1 clove garlic, minced
1 tablespoon sesame oil
2 1/4 cups low-sodium beef broth
1 cup uncooked rice
1 tablespoon reduced-sodium soy sauce
1/3 cup thinly sliced green onions
2 teaspoons pimiento
2 tablespoons sesame seeds, toasted

Cook onion and garlic in oil in 2- to 3-quart saucepan over medium heat until onion is tender. Add broth, rice, soy sauce, and pepper flakes. Bring to a boil; stir once or twice. Reduce

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heat; cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Stir green onions, red pepper, and sesame seeds into cooked rice; cover and let stand 5 minutes. Fluff with fork.

Per Serving (1 heaping cup):
Calories: 179 Sodium: 107 mg
Protein: 3.6 gm Cholesterol: 1 mg
Fat: 4.8 gm Carbohydrate: 30.1 gm

♥ ♥ ♥

Harvest Rice
(Makes 6 servings)

1 cup thinly sliced carrots
1 tablespoon vegetable oil
2 medium apples, cored and chopped
1 cup sliced green onions
3 cups cooked brown rice, (cooked with 1½ tablespoons low-sodium chicken bouillon granules in water)
½ cup raisins
1 tablespoon sesame seeds, toasted

Cook carrots in oil in large skillet over medium-high heat until tender-crisp. Add apples and onions; cook 5 minutes. Stir in rice, raisins, and sesame seeds. Cook 1-2 minutes more, stirring, until thoroughly heated.

To microwave: Combine carrots and oil in 2-quart microwave baking dish. Cook on HIGH 2-3 minutes or until tender crisp. Add apples and onions; continue cooking on HIGH 3-4 minutes. Stir in rice, raisins, sesame seeds, and salt. Cover with waxed paper and cook on HIGH 3-4 minutes, stirring after 2 minutes, or until thoroughly heated.

Per Serving (1 cup):
Calories: 252 Sodium: 23 mg
Protein: 4.1 gm Cholesterol: 0 mg
Fat: 4.2 gm Carbohydrate: 50 gm

♥ ♥ ♥

Health Nut Brown Rice
(Makes 6 servings)

½ cup shredded carrot
½ cup shredded zucchini
3 tablespoons unsalted sunflower kernels
3 tablespoons sliced almonds (unsalted)
¼ teaspoon red pepper flakes (optional)
1 teaspoon margarine
3 cups cooked brown rice (cooked with 1½ tablespoons low-sodium chicken broth granules in water)
2 tablespoons snipped parsley or 1 tablespoon dried parsley flakes

Cook carrot, zucchini, sunflower kernels, almonds, and pepper flakes in margarine in skillet over medium-high heat until almonds are browned. Add rice and parsley; stir until heated.

To microwave: Combine carrot, zucchini, sunflower kernels, almonds, pepper flakes, and margarine in 2-quart microwave baking dish. Cook on HIGH 3-4 minutes or until almonds are lightly browned. Add rice and parsley; cook on HIGH 3-4 minutes, stirring after 2 minutes, or until heated.

Per Serving (¾ cup):
Calories: 189 Sodium: 13 mg
Protein: 4.8 gms Cholesterol: 0 mg
Fat: 6.2 gms Carbohydrate: 28.4 gms

♥ ♥ ♥

Stuffed Green Peppers
(Makes 6 servings)

3 large green peppers, cut in half lengthwise
1 pound lean ground beef (96 percent fat-free) or lean ground turkey

continued on page 90

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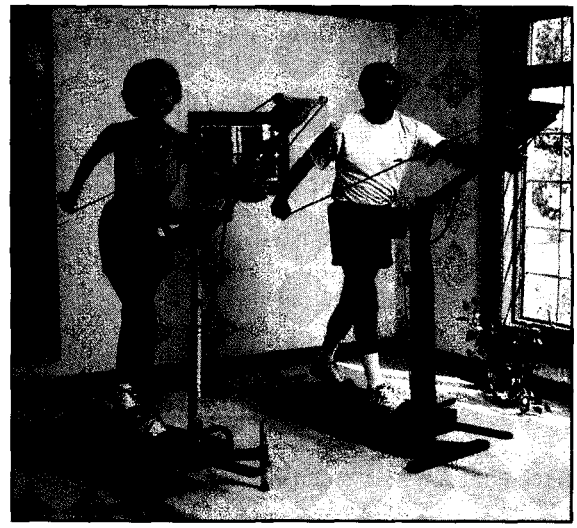

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LIFE'S LITTLE INSTRUCTION BOOK

A father's advice to his college-bound son became a runaway bestseller.

by Maynard Good Stoddard

Adam was leaving home for his freshman year in college. An important event for any family. But to H. Jackson Brown, Jr., it was more than that: "a memorable moment," he recalls. And he wanted to see his son off with more than a handshake.

Creative director of an advertising agency, Brown had written thousands of radio and television commercials, ads, speeches, and slide-show presentations. Thus his first thought was to write a long letter for Adam to open after closing the door to his room at the dorm.

"Instead," he says, "in a dime-store binder, I began setting down some of the things I had picked up along the way, things that had meant a lot to me." Before he finished, these "things"—observations and reminders on how to live a happy and rewarding life—totaled 511. Today, touched by the magic wand of instant success, that dime-store binder has topped the *New York Times* best-seller list as *Life's Little Instruction Book*. And no one is more amazed than its author.

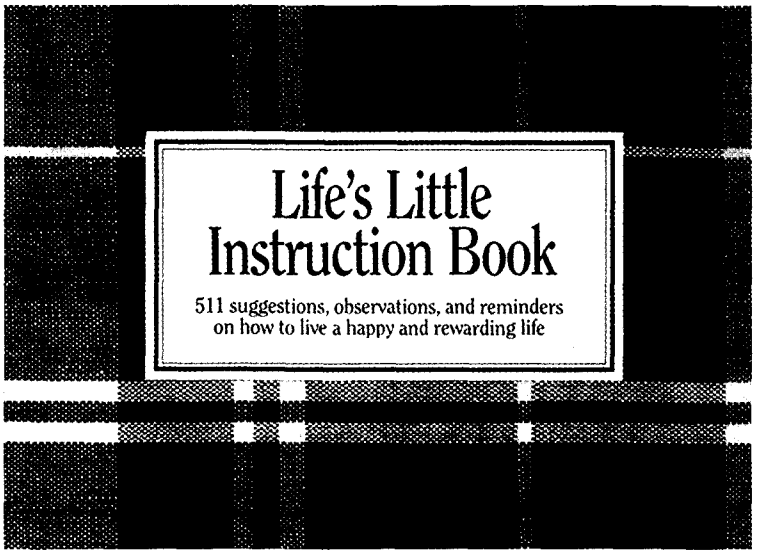
"I have made my living for years sitting in front of a typewriter," Brown says. "But how to account for the popularity of this little book, I just don't know. One of the editors said he was sure only two days after shipping it that it would be a hit because of a call he got from a lady in New York City. She said she had been to a seminar and a woman had stood up and told of discovering a book they should all 'run, not walk' to the nearest bookstore to buy."

A stockbroker phoned to say he liked the book so much he was buying 60 copies to send to his clients.

The president and director of three banks in Kentucky bought over 2,000 copies to give his clients in preference to the country hams he usually sent.

One letter came from a couple having trouble deciding whether or not to adopt a girl without arms. In turning the pages of *Life's Little Instruction Book* in a bookstore, the husband had stopped at Instruction #158: "Pray not for things, but for wisdom and courage." It was all the couple needed to bring the little girl home.

But what about Adam? He phoned from his room after a few days to thank his dad for "one of the best gifts I have ever received." He said he was adapting to more and more of the instructions and finding them easy to do, "like calling Mother every day." He also said he was adding his own observations and reminders, which he would pass along to his own son some day.



If you have yet to run, not walk, to a bookstore for *Life's Little Instruction Book*, by the time you do, don't be surprised to find beside it *Live and Learn and Pass It On*, Brown's latest work. Based on hundreds of interviews with people aged 5 to 95, it is a collection of their answers to the question, "What has life taught you?"

First, however, you'll want to know what life has taught H. Jackson Brown, Jr. Among the 511 entries, these two are his favorites: "Plant a Tree," and "Choose Your Life's Mate Carefully."

The *Post* was unable to cut it to two. In fact, we had trouble holding the number to 46. And here they are:

Drive inexpensive cars, but own the best house you can afford.

Be forgiving of yourself and others.

Learn three clean jokes.

Live so that when your children think of fairness, caring, and integrity, they think of you.

Plant a tree on your birthday.

Ask someone to pick up your mail and daily paper when you're out of town. Those are the first two things potential burglars look for.

Don't postpone joy.

Choose your life's mate carefully. From this one decision will come 90 percent of all your happiness or misery.

Always have something beautiful in sight, even if it's just a daisy in a jelly glass.

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Take a brisk 30-minute walk each day.

Give yourself a year and read the Bible cover to cover.

Learn CPR.

Let people know what you stand for—and what you won't stand for.

Never criticize the person who signs your paycheck. If you are unhappy with your job, resign.

Think twice before burdening a friend with a secret.

When someone hugs you, let them be the first to let go.

Drink eight glasses of water every day.

Buy a bird feeder and hang it so that you can see it from your kitchen window.

Take good care of those you love.

Take family vacations whether you can afford them or not. The memories will be priceless.

Beware of the person who has nothing to lose.

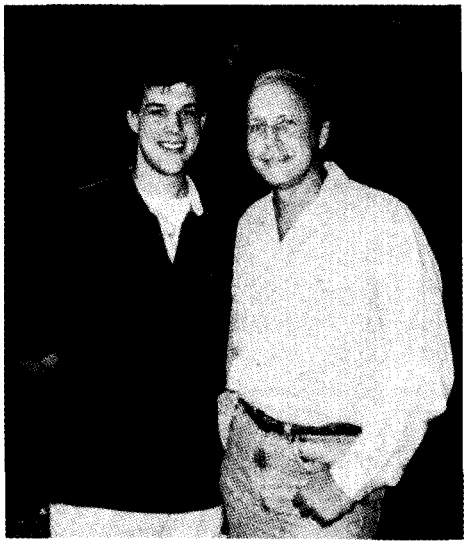
When traveling, put a card in your wallet with your name, home phone, the phone number of a friend or close relative, important medical information, plus the phone number of the hotel or motel where you're staying.

Judge your success by the degree that you're enjoying peace, health, and love.

Plant flowers every spring.

Lie on your back and look at the stars.

Let your representatives in Washington know how you feel. Call 202-225-3121 for the House and 202-224-3121 for the Senate. An operator will connect you to the right office.



The author, H. Jackson Brown, with son Adam (left), who is now a sophomore at the University of Tennessee.

Remember that a successful marriage depends on two things: (1) finding the right person and (2) being the right person.

When tempted to criticize your parents, spouse, or children, bite your tongue.

Learn to disagree without being disagreeable.

Be bold and courageous. When you look back on your life, you'll regret the things you didn't do more than the ones you did.

Don't let anyone talk you out of pursuing what you know to be a great idea.

Keep a tight rein on your temper.

Every day look for some small way to improve your marriage.

Just to see how it feels, for the next 24 hours refrain from criticizing anybody or anything.

Never underestimate the power of a kind word or deed.

Let your children overhear you saying complimentary things about them to other adults.

Understand that happiness is not based on possessions, power, or prestige, but on relationships with people you love and respect.

When meeting someone you don't know well, extend your hand and give them your name. Never assume they remember you even if you've met them before.

Keep a note pad and pencil on your bedside table. Million-dollar ideas sometimes strike at 3 a.m.

Don't use time or words carelessly. Neither can be retrieved.

When talking to the press, remember they always have the last word.

Give thanks before every meal.

Never discuss money with people who have much more or much less than you.

After you've worked hard to get what you want, take the time to enjoy it.

Become someone's hero.

Marry only for love.

Life's Little Instruction Book *is published by Rutledge Hill Press, Nashville, Tennessee and sells for $5.95.*

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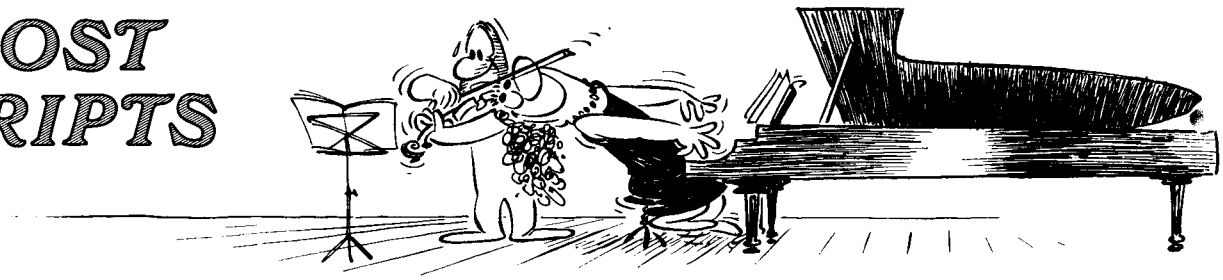


Highway to Heaven

Drive carefully! Remember: It's not only a car that can be recalled by its maker.

—Thomas Lamance

Older but No Wiser

Middle age is when you're old enough to know better, but still young enough to keep on doing it.

—Sam Ewing

Comparing Apples and Oranges

An old miser called his doctor, lawyer, and pastor to his deathbed.

"They say you can't take it with you," the dying man said, "but I'm going to. I've got three envelopes with $30,000 cash in each one. I want each of you to take one and just when they lower my casket, you throw in the envelope."

At the funeral each man tossed in his envelope. On the way home, the pastor confessed, "I needed the money for the church so I took out $10,000 and threw only $20,000 into the grave."

The doctor said, "I, too, must confess. I'm building a clinic. So I took $20,000 and threw in only $10,000."

The lawyer said, "Gentlemen, I'm ashamed of you. I threw in a check for the full amount."

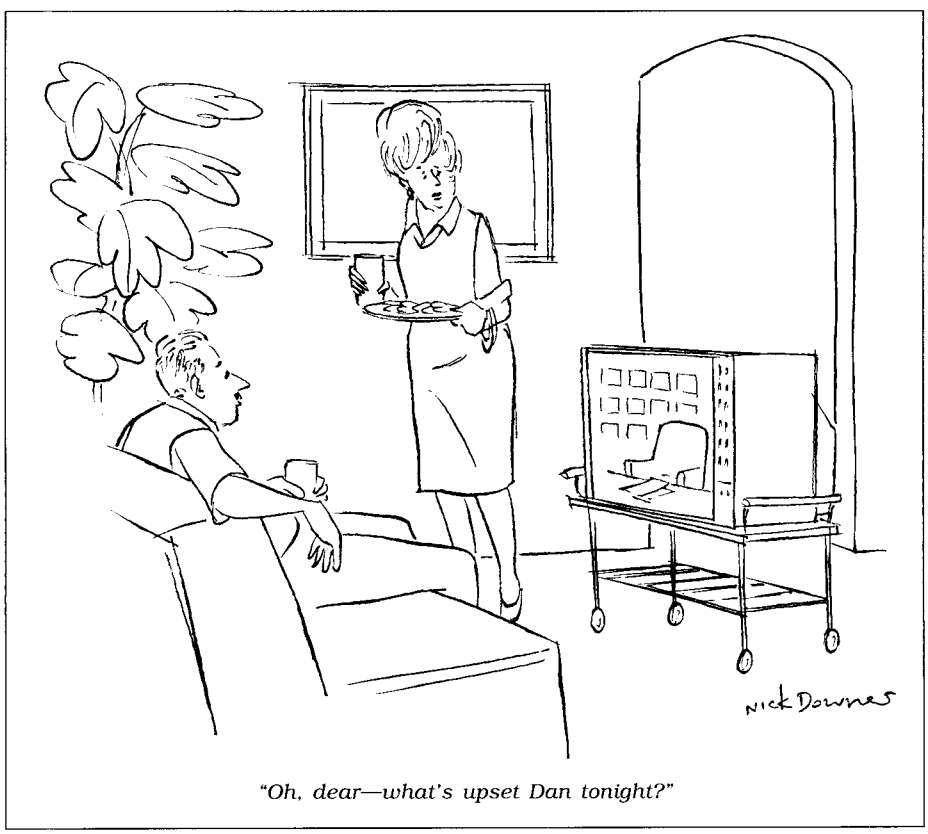
—Shelby W. Adkins

A Fair Exchange?

Older but wiser
With each passing year,
Let us be thankful
For wisdom, my dear . . .

But wisdom for looks
Seems not a fair trade;
Why can't we stay
The way we were made?

—Elma Forshey



"Oh, dear—what's upset Dan tonight?"

Who Loves Ya, Baby?

A dog is man's best friend—pro**d-ing his mother is no longer living.

—Rose Korotkin

Aging Parent's Lament

Things sometimes work out
A lot less than fine:
My children came to their senses
Just as I'm losing mine.

—Frank J. Davis, Sr.

Not as Thick as His Head

The telephone rang, and Mrs. Jones answered. "Is your husband home?" a customer inquired.

"I'm sorry, but he went over to the river."

"What is he doing over there?"

"Well, if the ice is as thick as he thinks it is, he went skating. If it's as thin as I think it is, he went swimming."

—Laurie Baker

Non Sequitur

When shopping for clothes,
I inspect for flaws:
A ridiculous vanity,
Because perfection should not be
Compulsory
For a more than
"Slightly irregular" me!

—Annie Komorny

Sheared or Fleeced

"Isn't $200 an awful price for a sweater?" asked a customer in a store.

"Not really, sir," the salesclerk replied. "This sweater is all wool, sh**n from sheep whose habitat is the most inaccessible area of the Himalaya Mountains. It is truly an amazing yarn."

"Yes, it is," agreed the customer, "and you tell it very well."

—Martha J. Beckman

Remember the Way Out

A sure way to wear out your welcome is to assume you can't.

—Frank Walsh

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WHAT TO DO ABOUT ARTHRITIS PAIN!

Au Pharmaceuticals, Inc., has introduced its new product AURUM, a topically applied, analgesic lotion for temporary relief from pain caused by arthritis, bursitis, tendinitis and other similar disorders.

Dr. C.D. Burda, M.D., of Louisiana used AURUM in a test group of 141 of his patients who suffered from rheumatoid arthritis, fibrositis, myofascial pain syndrome, and other rheumatological conditions. He reported that ninety-three percent of these patients reported results that ranged from good to very good relief or reduction of pain while sixteen percent of this responding group had excellent response.

Dr. Joseph Kahn, Ph.D., P.T., of New York, a leading physiotherapist and author of the well known textbook "Principles and Practice of Electrotherapy," reports that all of his patients who used AURUM received temporary relief from pain and/or inflammation. Dr. Joseph Kahn said, "AURUM is a significant adjunct in the treatment of arthritis."

"Some arthritis patients have expressed receiving their first relief in years."

AURUM is topically applied and is not taken internally, and it also has no apparent systemic side effects.

Dr. William G. Brelsford, M.D., F.A.C.P., of Texas said that AURUM can provide a significant level of pain relief for the discomfort of bursitis, tendinitis, arthritis and similar soft tissue injuries and disorders.

Dr. Clint Johnson, D.C., of Texas uses AURUM on most of his patients. He states, "Almost everyone has come back praising its benefits. Some arthritis patients have expressed receiving their first relief in years."

AURUM is a patented over-the-counter drug and is listed in the Physicians Desk Reference for Nonprescription Drugs.

AURUM is very simple to apply because you can just "put it where it hurts." It is applied directly to the skin and then rubbed into the affected area. AURUM is formulated in a rich lotion base and combined with powerful analgesics to give fast, deep penetrating, temporary relief from aches and pains.

"AURUM is a significant adjunct in the treatment of arthritis."

Ask for AURUM at your drugstore pharmacy counter. If not in stock, request your pharmacist to order AURUM through their wholesale drug supplier for next-day delivery. If you are unable to obtain it, contact the Symes Corporation **toll-free at 1-800-256-9008** for assistance in locating a pharmacy near you where you can get AURUM Analgesic Lotion.

"Thank you AURUM!"

AURUM *10/16/91*
PO Box 476
Grand Saline, Tx. 75140-0476

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Although only 57, I have bone degeneration & severe constant arthritis. Late July the left shoulder became a large pain problem. Took expensive [prescription drug] 20 mg, & it gave NO relief. Finally 9/18 saw Dr. & got very expensive 2 cortisone shots. By 9/30 still no relief & Dr. said go into physical therapy (which I didn't think was needed).

*Read about **AURUM** in the paper, decided to give it a try. Cost was only $11.29 (less than 1 week of [prescription drug] 20 mg).*

Day 1- Applied 3 times - substantial relief
Day 2- Applied 3 times - down to occasional ache
Day 3- Applied 1 time in A.M.
!!! No More Pain!!!

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Thanks,
Martha H. Frey
Florida

CAUTION: AURUM contains 10% Methyl Salicylate and 24K Gold. Persons who are allergic or hypersensitive to these ingredients should consult their physician before using this product.

Mrs. Frey's letter is used with permission and is on file at Au Pharmaceuticals, Inc. All users of AURUM may not experience the level of pain relief received by Mrs. Frey.

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A Real Humdinger

Music can relieve your stress,
I've heard many people say;
But they've never been around
someone
Who hums off-key all day.

—Olga McCoy

Best of a Bad Situation

An insurance claims adjuster was teaching his daughter to drive when the brakes suddenly failed on a steep hill. "What should I do?" shrieked the young driver.

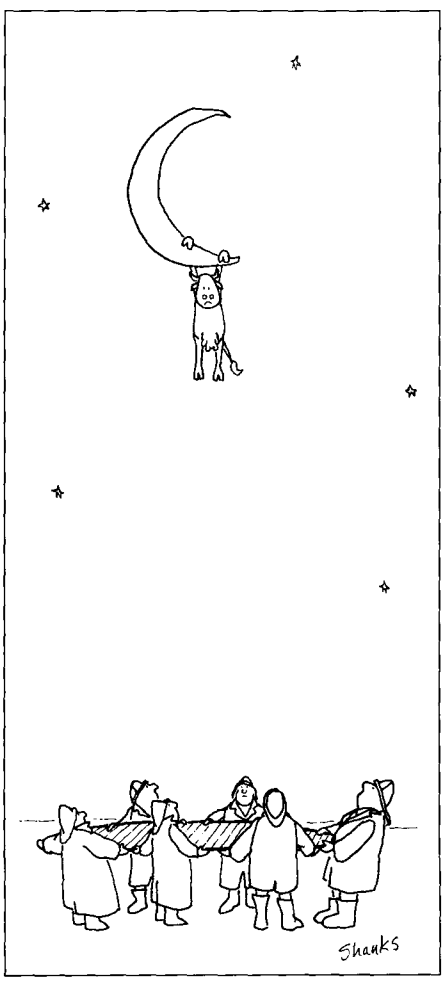
"Brace yourself," the sweating father said, "and try to hit something inexpensive."

—Laurie Baker

Unfortunate to be Fortunate

A man who was an incurable grouch made his wife's life miserable for 50 years. At last, she died and went to heaven. A few months later, he followed.

When they met in heaven, the wife said, "Everything is perfect up here. You don't have anything to complain about."



"I hope this coffee isn't too strong."

"Yes," her husband answered. "And we'd have been here five years ago if it hadn't been for your darned oat bran."

—Mary Umberson

Youth as Attitude

At the breakfast table one morning, a man said to his wife: "I feel at least ten years younger after I shave in the morning."

She responded: "Did you ever think of shaving before going to bed at night?"

—Mrs. K.W. Kenney

Role Reversal

We put up a fence in our backyard
Because in the spring our view was
marred
By our neighbor's untidy garden beds.
I really thought we had used our
heads
In dividing adjoining property
So I would no longer have to see
Their cluttered lawn, their trash, their
pool
Where children gathered after school.

But Nature knows no boundaries.
Beside my well-trimmed shrubs
and trees
I gladly worked and toiled for hours
Planting varieties of flowers.
So just imagine my surprise
When suddenly before my eyes
I found my blossoms jumped
the fence
And in their spreading, bright
and dense,
My neighbor shares my lovely seeds
While I am rewarded with her
weeds!

—Jean Conder Soule

Penny for Your Thoughts

A neighbor tells me that her 40-year-old son has been paying a psychiatrist $50 an hour every week for two years. He must be crazy.

—Laurie Baker

Once Bitten, Twice Shy

In the classified ad section: "For sale, cheap, one wedding dress, size ten. Worn only once by mistake."

—Nora Leigh

Otherwise Divided

A mother can get her children's complete attention just by sitting down and looking comfortable.

—Sam Ewing

No Kidding?

When somebody says,
"I'll be honest with you,"
Does it signal
A clever deception—
Or that he's consistently
Lied in the past,
And *this* time
Will be the exception?

—Annie Komorny

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See Why . . .

Your Will Is A Dead Giveaway

Did you know that writing a Will may be one of the biggest mistakes we can make?

It's true!

A Will doesn't protect our loved ones against paying huge fees to lawyers, executors and courts for even the smallest estate. Probate can slice up to 10% or so from an estate and take months or years for final settlement.

In fact, the only thing worse than having just a Will is the nightmare that's created when you have no Will at all.

Because then the State steps in to decide who gets our assets -- our bank account, home, car, valuables, other possessions. Money we've worked so hard to earn is gobbled-up by court and legal fees before our heirs ever get one penny.

What can the average wage earner do to avoid the financial headaches of a Will? Plenty.

Today, under current laws anyone can eliminate costly legal and court fees with a little-known, simple legal paper called a Living Trust. And you don't have to be rich to enjoy it's benefits.

A Living Trust has been praised by our nation's leading financial planners, and reported in publications such as The Wall Street Journal, Money Magazine, Business Week and others because:

- It eliminates the costly and lengthy probate process. The estate goes directly to your heirs without going through the courts.
- It eliminates the need for an attorney and legal fees that cut your estate. Does away with all court costs, too.
- It gives you complete control of your estate to make sure that all your wishes are carried out.
- A Living Trust is revocable, which means that you can change your mind at any time about who is going to receive your assets.
- It gives you the right in most cases to name yourself as a trustee, and your spouse or someone else as a co-trustee. Plus the right to change trustees at any time.
- If you own out of state real estate, like a vacation house or cabin, you can save a bundle by avoiding the need for probate in a second state.
- Unlike a Will where your finances and everything you own is a matter of public record for anyone to see, a Living Trust is secret.

The Wall Street Journal reported that it takes two years to complete the average probate in California. The article also stated that since a Living Trust is much faster, cheaper, and more private than settling a Will, there are many advantages to using a Living Trust instead of just a Will.

And Business Week reported that many people are using a Living Trust instead of a Will to reduce the possiblity of heirs fighting over your estate.

You must never forget that a Will must be probated and the fees for the probate lawyer and executor -- not including court fees -- range from 6% to 10% and are paid before any of your heirs receive their inheritance. That can take a big chunk out of even the smallest estate when attorneys charge anywhere from $60.00 to $150.00 an hour or more!

Look at what happened to the modest estate of Simon Morris:

- The Will of Simon Morris, a Florida resident, left $77,500 in cash to his widow. Before she could receive it, the probate process grabbed $9,375.
- Mr. Ken Bradley left $144,567 directly to his surviving spouse. The probate "fees" of $8,500 were appealed by the widow. The court ordered a refund of $7,750 with interest.
- R.L. Roberstone probably thought his Will would get his $162,114 safely to his heirs. As they found out probate fees amounted to $6,484.59.

The pity of it all is that these people could have avoided having large bites taken out of their hard-earned property by using a Living Trust. They could have passed every cent to their loved ones without squandering money on probate.

If you think a Living Trust is only for millionaires --- you couldn't be more wrong. Whether you earn $25,000 or $100,000 a year -- and whether your assets are huge or small -- a Living Trust will save you money. In fact ... on a percentage basis Living Trusts save more on small estates than large ones!

And you can save even more because we have shown hundreds of thousands of people just like you how to do it. It's simple.

The DSA Living Trust Kit was developed after much research with a team of legal scholars and practicing attorneys. It explains in easy-to-understand language how to set up your own Living Trust.

Instructions and guidelines are written in simple English. Illustrated step-by-step forms show you how to custom-tailor a legal trust to meet your special personal needs.

- Titles to your real estate, automobiles, boats, stocks, etc. are all safeguarded in your Trust.

Though DSA's exclusive Living Trust Kit will save you a small fortune -- and save your loved ones thousands of dollars later on -- we have kept the price especially low to enable everyone to benefit from it. Less than the cost of a good dinner out. We are so certain that you will find it invaluable that we insist you examine it on a 90-Day No-Risk Guarantee. It's easy to get your Living Trust Kit. All you have to do is print your name and address and the words, "Living Trust" on a plain piece of paper. Send it along with your check or money order in the amount of $19.95 plus $2 handling or charge to your VISA/Mastercard by including account number and expiration date to: DSA Financial Publishing Corp., 708 - 12th St. N.W., Dept. W3508, Canton, Ohio 44703. For even faster service, VISA/Mastercard or C.O.D., call toll free 1-800-321-0888, Ext. W3508.

Send for your Living Trust Kit within the next 15 days and you'll also get a Free Bonus Report on estate planning. The supplies of this very unique report are limited so you must act now.

Examine and use the Kit in the privacy of your home for 90 risk-free days. Show it to your lawyer. If you are not 100% convinced it's everything you expected -- don't keep it. Simply tear off the cover and send half of it back. You will receive a full refund. Fair enough?

A Living Trust is too important to put off another day. Order by phone or mail now!

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The sailor had red whiskers. When we stopped, he saluted Whitmore and said, "The admiral wishes to see you in Room 206."

REDBEARD THE PIRATE'S PERFECT DAY

A CHANTEY SUNG BY Q. to A.

By HORATIO WINSLOW

Illustrated by E. F. Ward

QUESTION: If you'd talk a bit more distinctly, Miss—ah—Mrs.——

ANSWER: M-M-M-Mulliford.

Q.: No more tears; that's splendid. So you're from Wannaget Junction. Is that some distance from Pasadena?

A.: No, Mr. Emery; I said I wanted to get an injunction. It's to save a human life. And there's something else. For the last two days Whitmore's been trying to grow red whiskers, and he can't grow red whiskers. They come out b-b-blond.

Q.: That's unfortunate. But I'm only a lawyer. Suppose I have my secretary, Miss Johnson, call up a doctor I know, and you tell him all your troubles. I'm sure——

A.: But you think I'm crazy or something, Mr. Emery. And I'm not crazy, and I don't want to see a doctor, and Whitmore's tried to get into the Navy himself, but they won't take him on account of f-f-flat f-f-feet.

Q.: Well, I'm not a doctor; but I'm sure if you'd just take a long deep breath and then explain everything to me right from the beginning, we'd both feel better.

A.: Well, Mr. Emery, it's an injunction to prevent a tragedy.

Q.: The object is certainly praiseworthy. Who may I ask is involved in this tragedy?

A.: First of all, there's Whitmore. He's reached a point where he's flouting every law of God and man.

Q.: Whitmore flouts 'em, eh? What laws in particular does he flout most?

A.: Oh, I couldn't begin to tell them all, Mr. Emery. But every time he sees a keep-off-the-grass sign, he deliberately walks on the grass. He can't pass a fruit stand without grabbing grapes or cherries or whatnots, and eating them. At movies he throws peanut shells around till the ushers put him out. At drinking places he says, "Whose beer is this?" And when the bartender says, "Hoffberg's Beer," Whitmore says, "Fine. I know Hoffberg; I'll pay him." Then he walks out laughing.

Q.: How long has Whitmore been doing this, Mrs. Mulliford?

A.: But I'm not Mrs. Mulliford; I'm Miss Mulliford.

Q.: Whitmore's your fiancé?

A.: Well, it's all very complicated. I—I—I——

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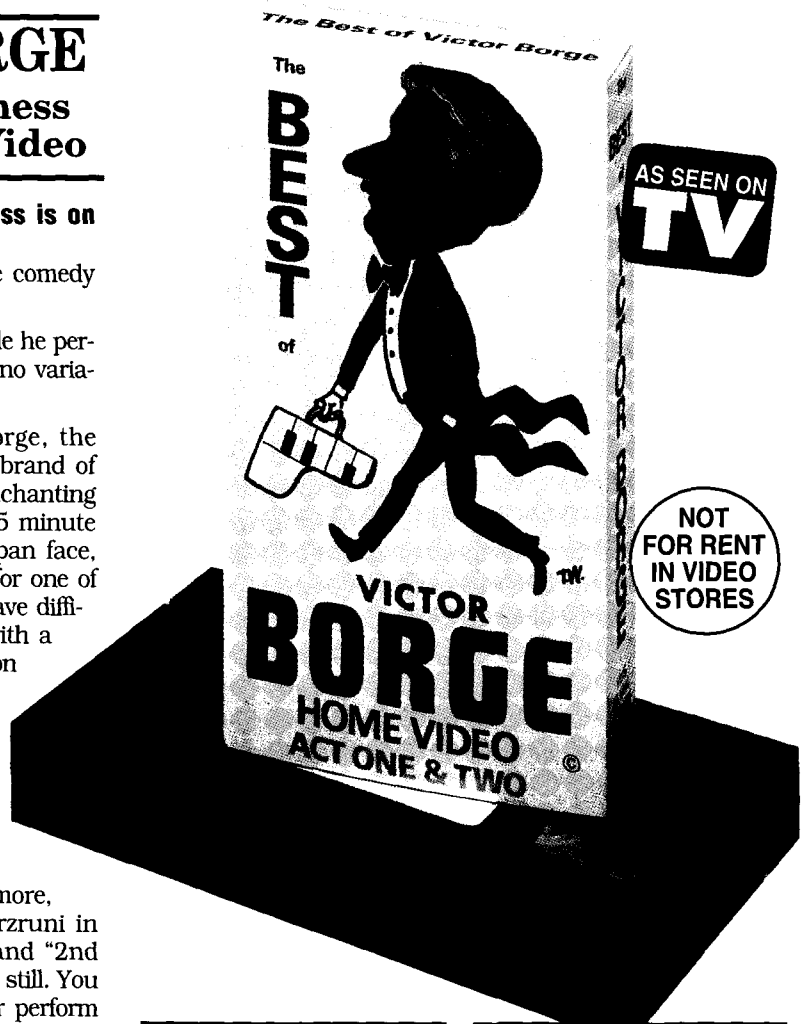

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- L.A. TIMES

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He leaned over, reached down and grabbed me up. The next minute we were off and away.

Q.: Take this handkerchief, Miss Mulliford; it's part of my free service to clients. I can't afford to let myself sympathize actively, because I'm so tenderhearted I'd need a tiled floor. . . . A smile! . . . Now, that's better. Somehow, Miss Mulliford, when you smile your face becomes familiar.

A.: Maybe you saw me at the last Rose Parade: I was Fair Rosamund on the Lamanda Park Float. Two years ago at Long Beach I won the title of Miss California, but my mother wouldn't let me go to Atlantic City.

Q.: A nation's misfortune, Miss Mulliford. Now, what about this law flouting? Has Whitmore been doing it all his life?

A.: No, indeed, Mr. Emery. Why, when we first met, Whitmore wouldn't have considered flouting any law whatever. He was born in Boston.

Q.: That explains it.

A.: One day, after we decided to marry, I joked Whitmore about his being afraid of a traffic policeman.

Q.: Something tells me that was a very big mistake.

A.: Oh, it was, Mr. Emery. He began insisting it was every citizen's duty to obey the laws, and little by little he grew so law-abiding it got on my nerves.

Q.: It's the sort of thing that gets on any good woman's nerves.

A.: But it wasn't enough for Whitmore to be law-abiding; he wanted to make me law-abiding, too.

Q.: Tsch-tsch-tsch.

A.: At a restaurant he'd say, "When you eat two different starches at one meal you're breaking a health law." After a movie he'd say, "When you whisper to me during the show you disturb others, and that's breaking a moral law."

Q.: Rather an exacting young man.

A.: When he invited me to the Palomar County Fair, I was glad, because I felt if I could get him away from Pasadena, even if it was only for the day, he'd be more human.

Q.: You know your Pasadena.

A.: We went on Thursday. I didn't know why Whitmore had picked out Thursday, till we were halfway there. Can you imagine why?

Q.: Only when the fee is paid in advance.

A.: Mr. Emery, it was Law-and-Order Day. At the fair they were having a convention of the peace officers of California—local law and order; and an address and demonstration by G-men—national law and order. But that wasn't all. The fleet was anchored offshore and there was going to be a parade of sailors and marines—international law and order. I could have screamed.

Q.: A natural reaction. Lawyer as I am, I deeply sympathize.

A.: But all the way to Palomar I kept saying to myself, "I love Whitmore and, no matter what happens, I'm going to make this my perfect day."

Q.: That was the proper attitude.

A.: We got there, parked the car, and were walking along Administration Boulevard when a very tall sailor

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stepped in front of us. He had red whiskers.

Q.: He had what, Miss Mulliford? Would you mind repeating?

A.: He had red whiskers. When we stopped, he saluted Whitmore and said, "The admiral wishes to see you in Room 206 of the Administration Building." I said, "Whitmore, I want to speak to you first." I knew it was just a silly fib.

Q.: What did Whitmore do?

A.: The sailor saluted again and said, "Sir, those are the admiral's orders." I couldn't hold back anymore. I said, "Whitmore, don't believe this person. He's telling a falsehood. No admiral has the right to give you any orders. Don't be idiotic." Whitmore said, "If it's idiotic to be a law-abiding citizen, then I'm proud to be an idiot. I'll be right back." And he marched toward the Administration Building. I could have killed him!

Q.: Whitmore?

A.: That red-whiskered sailor. Whitmore had hardly turned his back when that sailor winked at me and said, "Call me 'Red,' Peaches, and we'll cruise around the fair."

Q.: Of course you said "No."

A.: I'm sure I said "No." Twice at least. That's why I was so surprised to find myself walking down Shakespeare Lane with that red-whiskered sailor holding my arm.

Q.: I can't find it in myself to blame him, Miss Mulliford.

II

Answer: When you think of what happened next, Mr. Emery, you have to consider circumstances.

Q.: That's what I always tell my juries.

A.: Both of us had spent a lot of time being repressed. You see, I'd been engaged to Whitmore, and Red had irritated an admiral.

Q.: Irritated an admiral! I supposed it took an act of Congress to do that.

A.: Red did it all by himself. You see, Red's father was a vaudeville magician and Red had been practically brought up on the stage. One day he imitated the way the admiral walked.

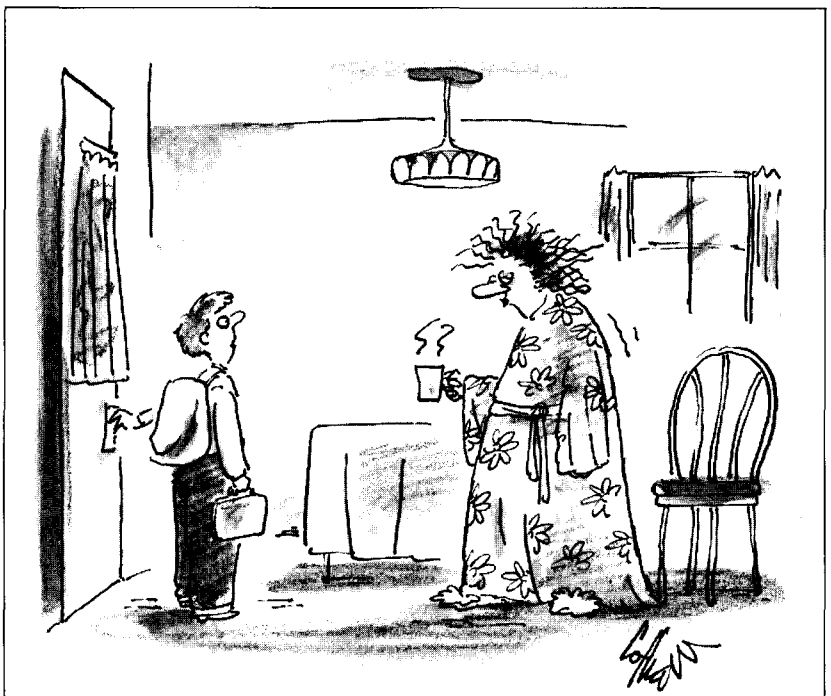
Q.: And the admiral didn't laugh?

A.: No, but some other people did. Then at Shanghai and Honolulu, Red had such a good time they decided they wouldn't let him go to the Palomar County Fair.

Q.: National defense awake at last.

A.: So Red took anchor-chain liberty—that means leaving the ship without permission. Consequently he could be arrested any time the shore-patrol boys spotted him.

Q.: I see. Red had the shore patrol to dodge and you had Whitmore. That must have made things rather complicated.



"Thanks, Mom, but you don't need to drive me to school today—I think I'll walk."

A.: But so interesting, Mr. Emery! It was like playing hide-and-seek; and how Red could hide! He'd spent years in vaudeville getting out of sewed-up sacks and locked trunks and tanks of water—and all this without anybody seeing him do it. He could almost fade away while you were looking at him. He'd duck behind a hedge or under a table or into a doorway, and you'd look and he'd be gone.

Q.: A remarkable young man.

A.: And we had such a good time at the fair! The Navy had fined him so much he didn't have any money, but he wouldn't let me spend a cent.

Q.: What did he use for coin of the realm?

A.: His brains, Mr. Emery. For instance, when we'd almost finished milk shakes, Red would ask, "How much?" "Twenty cents apiece." You'd see a look of horror come over Red's face. He'd shove both glasses back and say, "Then we don't want 'em."

Q.: Exhilarating, Miss Mulliford. But wasn't there any comeback?

A.: By the time the other fellow had thought of a comeback we weren't there anymore. At the Arabian Horse Show Red said, "This is the admiral's daughter. I want the two best seats in the house." And he got 'em. Free.

Q.: There's a naval maneuver to remember.

A.: In the show they had a tournament. Richard the Lionhearted rode around in white armor on a white horse; and when he won, Red stood up and yelled, "Fake!" until they put us both out. It was such fun!

Q.: If suffering humanity could pass three afternoons a week with somebody like Red, this would be a better world.

A.: I never laughed so much in my life. I'll never forget Red on the Village Green, in front of the Shakespeare Theater, dancing with the Morris dancers. They didn't like it.

Q.: I'll bet Shakespeare would have liked it.

A.: The whole afternoon was heavenly. Everything you'd wanted to do, Mr. Emery, and never had the nerve to do—Red did it.

Q.: It gives me renewed confidence in the republic.

A.: I never laughed so much in my life; and my conscience never hurt me even once.

Q.: A splendid normal conscience. Never let anybody tinker with it.

A.: The afternoon just flew by. It was five o'clock when we turned a corner and came into a V-shaped

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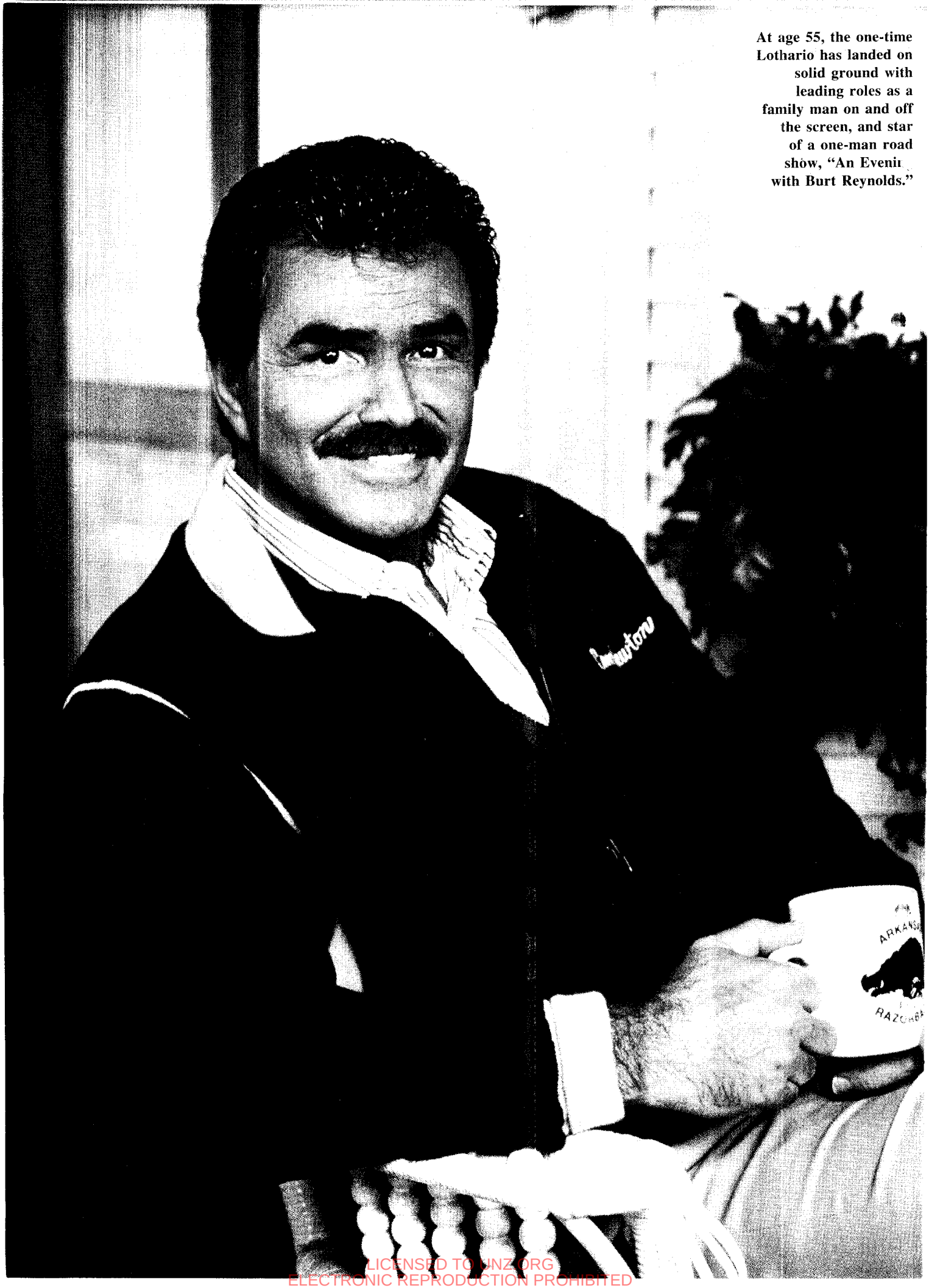

At age 55, the one-time Lothario has landed on solid ground with leading roles as a family man on and off the screen, and star of a one-man road show, "An Evenir with Burt Reynolds."

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SHADES OF BURT REYNOLDS

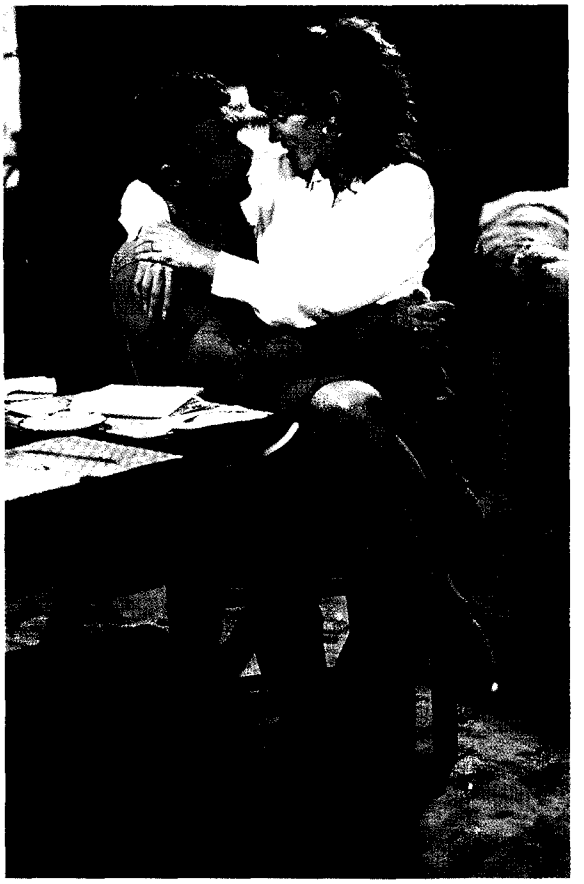
With the gloomy years behind him, this star of a hot new series has emerged into the sunlight of a happy marriage and the pride of parenthood.

by Bart Mills

There's a lot of emotion bottled up inside good old boy Burt Reynolds. Curiously, the emotion is probably the reason he's such an accomplished light comedian. At 55, back on top with his hit TV series "Evening Shade," Reynolds no longer masquerades as simply the wittiest cracker ever to slide behind the wheel of a car. He's more apt to hit home with a sharpish comment now. He's less hesitant to show his dark side, or at least his shaded side.

He recalls the time when he was the butt of every other below-the-belt remark that Joan Rivers made. Why didn't he ever answer back? He finally came out with, "I don't fight with female impersonators." 'Nuff said.

Mostly, though, he grins and bears it. He says, "I found myself getting an award recently. I looked out at the crowd and it was full of people who had declared me 'graveyard dead,' as my father used to say. I could have stood there and been like Norman Maine in *A Star is Born*. I didn't do that. I just accepted the award, said something funny, and walked away."



As Coach Wood Newton, Burt holds the record for most losses (and laughs) in a season but is a winner on the homefront with TV wife Marilou Henner.

It took a deep crisis of health and spirit several years ago to help Reynolds recognize and liberate some of that emotion inside him. A stunt went awry on the set of his 1984 film *City Heat* and he suffered a jaw joint disorder that immobilized him for two years.

"You can't get your health back unless you make up your mind you want it," he says. "I was lying down, vegetating, while these jokes and rumors circulated." The most sensational rumor leapt from his weight loss (he was down to 150) to the incorrect conclusion that he had AIDS.

"One day," he recalls, "I said to my wife, who was extraordinary during this period, 'I'm choosing to get well.' I was sick as a dog. I couldn't go five feet without bumping into something. I went from doctor to doctor and finally found one who stuck with me until I got well. I couldn't get well until I made up my mind to. I'd lost faith in a lot of things—God, family, friends. I slowly came to the decision that I wanted those things back in my life."

Today, Reynolds' life is happier and better balanced than in the days when he was America's top box office star five years in a row, 1978-82. He and Loni Anderson are the parents of a thriving three-year-old adopted boy, Quinton. Reynolds won an Emmy last season for best comedy performance in his CBS show, "Evening Shade," which he also co-produces and co-directs. He's weighing offers for feature films to be made during the show's next hiatus. And he has scored a massive grassroots hit with his one-man show, "An Evening with Burt Reynolds."

Burt Reynolds' office, adjoining the "Evening Shade" set, is dominated by an antique juke box that generally plays traditional jazz. The walls are covered like an Italian restaurant, with autographed pictures of stars.

Reynolds himself is dressed informally in jacket and jeans over cowboy boots. He wolfs a tuna sandwich and then tapers off with a bag of popcorn. He tells stories like nobody's business, but he's a sharp listener too.

Reynolds can put himself across one-on-one as well as anyone, and his 23-city tour of his live show proved he can do it with crowds too. "Frank Sinatra tries to make his concerts seem like they're happening in a saloon, and I tried to make the auditorium where I played into a living room," he says.

Reynolds is fond of citing the old Southern saying that no man is a man until his father tells him he is. "Mine didn't tell me until I was 49," he says. When he was growing up in Palm Beach, Florida, jokes were Reynolds' only safe way out of a curious bind: he idolized his father, the upright local chief of police, yet he resented his old man's

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lack of demonstrated love for him.

He says, "Some people, like me, spend their whole lives trying to find an adult they respect, a surrogate father, to tell them, 'You don't have to drive 125. You've got a black belt in sarcasm, what are you fighting for?'

"I had a relationship with my father not unlike a lot of men my age. He came from pioneer stock—men who didn't believe in hugging and weren't very good at 'I love you.' Today, when I say, 'I love you, Dad,' he goes, 'Mmmrrwwrrrfff.' He's 90 and it's a bit late to change.

"He never mistreated me and he was the most honest man I ever knew. To say he was strict would be very much an understatement. My mother was quiet and understated and also had difficulty showing that kind of thing. It was not an Italian family. But I thought it was. I was a very strange kid. I was completely rebellious, being the chief's son. I was always in trouble. What saved me from myself was that there were no drugs then. And I got to be a star athlete and that took me to college."

Reynolds tells two stories about his father's approach to life. "I was nine, and he's just been made chief. His salary was $5,000 a year. The previous chief had been on the take for the local numbers racket, bolita. This guy came in and handed my father a bag with $15,000 in it, saying, 'You know what this is for.' My dad dragged him onto the steps of his office, where I happened to be, and made this guy eat the money. He kept throwing up dollars, but he finally consumed most of it. Now, there's something heroic in that kind of honesty. I can't see some Yuppie parent doing that."

His film career pronounced "graveyard dead," Reynolds bounced back big in TV, winning an Emmy last season for best comedy performance in "Evening Shade."

The other story about Reynolds senior shows the dark side of such rigidity. "I sassed my mother once when my father was there. I think I said, 'Oh, yeah?' I was 16. I went right through the closet door. I landed among all the clothes. 'Oh, my God, Burt, I think you killed him!' my mother said. Dad said, 'No, he's just asleep.'"

Reynolds was a runaway at 14 and a madman behind the wheel. But he straightened himself out on the football field, winning a scholarship to Florida State. He was an All-Southern Conference halfback until a knee injury sidelined him. He left school to become a dishwasher in New York while he tried to break into the acting business. He was known as "Buddy" Reynolds in those days.

Eventually in California he became a contract player at Universal, rising to second banana on "Riverboat" in 1959-60. He played a half-breed blacksmith for three years on "Gunsmoke" (he's actually a quarter Cherokee on his father's side). His breakthrough followed Johnny Carson's discovery that Reynolds was one actor who would tell it like it is, as long as it was funny.

"I went on 'The Tonight Show' and I didn't say, like everybody else, 'The movie is great, Mexico is great, having the sh— is great.' I wasn't any different than I am off-camera, but it was the first time a leading man had dared to call his movie a turkey. Then the Cosmo thing sent 'em into orbit." That is, he posed for *Cosmopolitan* magazine's April, 1972, centerfold wearing just a cigar.

He backed up this celebrity with a solid performance in *Deliverance* and went on, via *Smokey and the Bandit, The Longest Yard, Semi-Tough,* and many other macho movies, to earn a fortune that has been estimated at $100 million. *Starting Over* and *The End* were his major attempts at playing parts that weren't "wisecracking —holes" as he puts it, but they weren't hits. "My image was such that there was no way I could be thought of as someone living in a loft in Greenwich Village who could act everybody else off the screen. I've met some of the actors who have that mystique. I find after sparring with them a little that the mystique is all bull. They'd love to have a good time—I just don't think they know how."

Reynolds regrets taking too little advantage of the leverage he once had in Hollywood. He praises Kevin Costner as a man who has used his power wisely. "When I had the power, I said, 'Where's the location? Jamaica? I'll do it.' I wasn't about challenging myself as an actor or challenging the wrongs of the world. I was just having a wonderful time. A lot of people resist that. You're supposed to suffer a little. That's why, when I finally did start suffering, it met with such glee by some people."

Typically, Reynolds deflects his anger by telling a joke. "I always tell young actors that there are going to be times when they'll call on that anger, and it'll be powerful. I don't often display it. The last time I remember was when I did a 'Candid Camera' for Dom DeLuise.

"The setup was to bring in a college journalist to observe an interview with me. The mark was told that I was a perfectly agreeable fellow except when asked personal

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questions. Then I was likely to get violent. So the mark is in there observing, and suddenly the interviewer is called away. He gives the clipboard with all his questions to the mark and tells him to continue. Of course, the questions are personal.

"Everybody was struck by how well I could portray a killer. There were four different marks. I had three break-away chairs that I used on them. One girl started to cry, and I couldn't continue. Another one, a guy six-foot-five, said, 'I treat my dog better than this!'"

Reynolds describes his sense of humor as "dark, very dark." He's proud his son seems to have picked it up from him. "On Sunday, I got up late, about 10. It's my one day to sleep in. I went into the kitchen and there was Quinton. 'Dad!' he says. 'Dad, what are you doing up? It's still daylight.'

"Quinton goes to day school now twice a week. It's the first time he had to say the blessing for lunch. You know, 'God is great, God is good...' The other day I was giving him and a friend of his a ride back from school. I gave them a snack of peanut butter and jelly sandwiches. The other boy said, 'Wait! We gotta say, "God is good, God is great." Quinton said, 'It's only a sandwich.'"

Such remarks often find their way into "Evening Shade" scripts. How? "I run and tell the writers immediately," says the proud father. Before Quinton, Reynolds had been trying to adopt children for 20 years, he says. "I had a terrible time as a single parent pulling it off, because of my image as a self-absorbed womanizer. Once Loni and I got married, it all came together." After being a couple for six years, Reynolds and Anderson finally married in 1988. Anderson says, "Burt has always wanted to be a father, through his first marriage (to actress Judy Carne, 1963-66) and all of his relationships."

The character of Coach Wood Newton is a father because Reynolds wanted it that way. The warm father-children relationship on the show is a reflection of what goes on at home. Reynolds says, "Quinton and I kiss on the mouth. He says 'I love you,' unsolicited, and I say it to him. He's so secure. When I took him for his first day of preschool, I saw a lot of kids clinging to their parents. Quinton has this cocky little walk. He just waved and said, 'So long, Dad.' He's a kid who really knows he's loved.

"My own father, I hand Quinton to him, and he hugs and kisses the boy, and I wonder, what's wrong with this picture?"

You get Reynolds, you get his sense of humor. It tends toward blackness. "In order not to go insane from the things that have been written about me," he says, "I have to adopt a certain don't-give-a-sh— attitude. The only way out is to say something mildly amusing.

"I was written off, washed-up, finished, through. Other actors we can name have had three or four or five pictures in a row that didn't make money. When I had three, it was a colossal event. Eventually, the only place left where I had any real power was sitcoms—because I'd never done one. It turns out to be truly the most fun of all.

"I used to have people come up to me in airports and say, 'I always said you were really nice.' I wanted to say to them, 'You mean there were people arguing?'

"Now I get a wonderful, warm feeling from people who come up to me saying how happy they are for me. Not for my career, for my life. I really love that, and I do thank them."

After years of trial and error, Reynolds finally got it right with the beautiful Loni Anderson. "Once Loni and I got married, it all came together."

The Reynolds' adopted son Quinton, age 3, is already uttering one-liners; his proud father eagerly passes them on to "Evening Shade" script writers.

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AAHPERD COMES TO INDY

AAHPERD: The AA is for American Alliance, the H is for Health, PE means Physical Education, R is for Recreation, D is for Dance—and they are 35,000 strong.

by Maynard Good Stoddard

Arnold Schwarzenegger, who as chairman of the President's Council on Physical Fitness and Sports is visiting all 50 states in an effort to get more physical education into school curricula, says, "In all our visits, no organization has been as much help to us as AAHPERD."

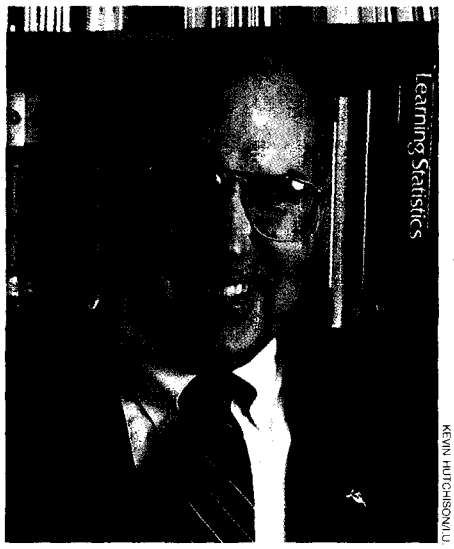
In case you haven't heard the acronym AAHPERD before, you will soon. With everyone from President Bush, Arnold, and every family in America wishing better health and fitness for all, AAHPERD, as Arnold has discovered, is a 35,000-member force to get the job done.

In dissecting the acronym, the AA becomes American Alliance, the H is for Health, the PE stands for Physical Education, the R refers to Recreation, and the D—what else but Dance. Put them all together and they spell improved health and fitness for all Americans.

AAHPERD is definitely not a new kid in the health and fitness neighborhood. Founded in 1885, the nonprofit organization for more than 100 years has not altered its aim, only its numbers. Today, the membership includes teachers, administrators, researchers, coaches, students, and others in specialized fields, all working to provide programs in the school and the community with a single purpose: to make fitness and health a part of daily lives—today and tomorrow.

Why is AAHPERD so concerned? For the same reason Arnold Schwarzenegger is concerned: The vast majority of America's children and youth are both inactive and unfit.

Catherine O'Neill, writing in *The Washington Post*, after pointing out that American kids are "just plain out of shape," backs up her accusation with these chilling figures:



Dr. Harold H. Morris, president of AAHPERD, is chairman of the Kinesiology Department at Indiana University in Bloomington.

"About 70 percent of girls and 40 percent of boys ages 6 to 12 do not have enough muscle to do more than one pull-up. And nearly 40 percent of kids ages 5 to 8 have health conditions such as obesity or high blood pressure which increase their chances of getting heart disease as they get older." No wonder, as O'Neill says, the wimpiness of American kids has doctors worried.

So what are the kids doing with their time when they should be out riding their bikes, swimming, playing soccer or tag or ball or whatever to put the body in motion? Watching television, of course—2 hours on weekdays, 3½ hours on weekend days, for an ungrand total of 17 hours a week.

Dr. Louis W. Sullivan, Secretary of Health and Human Services, is keenly aware of the necessity for kids to get a move on. "American schools should have three basic goals for their physical education programs," he says: "to produce physically fit youth; to teach the relationship between physical activity, physical fitness and health; and to promote the skills, knowledge, and attitudes to help children lead active, healthy, and productive lives as adults."

AAHPERD's objectives follow closely these important guidelines. While most members are professionally active in education, others are found in the forefront of corporate fitness, community recreation, and commercial health fitness. The Alliance relates to these members through six national associations which cover physical education, sports

The organization (founded in 1885) may be considered old, but AAHPERD's national headquarters building in Reston, Virginia, is as modern as its goal of teaching health through exercise.

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ARNOLD RELAYS AT THE FITNESS FARM

A track meet, tug of war, Grand-Time Striders, and waltzing lessons will prove fitness is fun. Children can try for the President's Challenge or AAHPERD's Physical Best.

If you thought Arnold Schwarzenegger was all muscle and movies, this will be further proof that you are wrong. Concerned for the fitness and health of our youth, he travels the country to wake up the kids as well as school administrators to the sad fact that our youth are out of shape. He's a dynamite chairman for a very motivated President's Council on Physical Fitness and Sports. "Our chief task is to facilitate a working relationship among many health and exercise programs so that they complement one another in the communities they service," says Arnold.

The President's Council serves as a catalyst for all groups in the country working to get folks active and thus healthier.

Thus he comes to Indianapolis to give awards in a series of relays at the Fitness Farm of the Children's Better Health Institute.

Beginning at one o'clock on April 11, the Farm will come alive as children and their grandparents start

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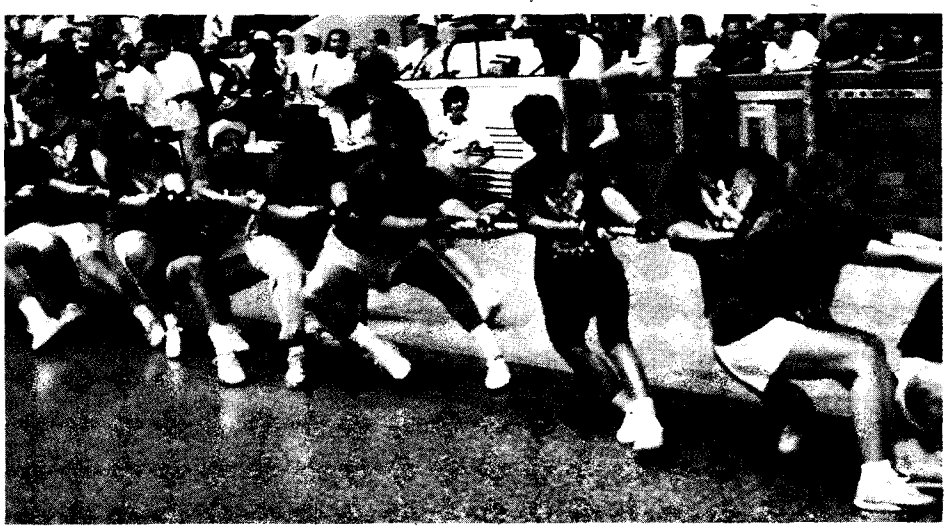

How many kids would it take to budge Arnold in a tug of war? The April relays patterned their tug of war after the popular event shown above at the Canton Corporate Cup.

Arnold Schwarzenegger is the Pied Piper of physical fitness. When he leads a group in warm-ups, jumping jacks, or a long-distance run, everyone wants to follow.

Not an unhappy face can be seen among these 3,000 would-be winners as Arnold sets the pace for a fun and fitness run at the Fitness Farm.

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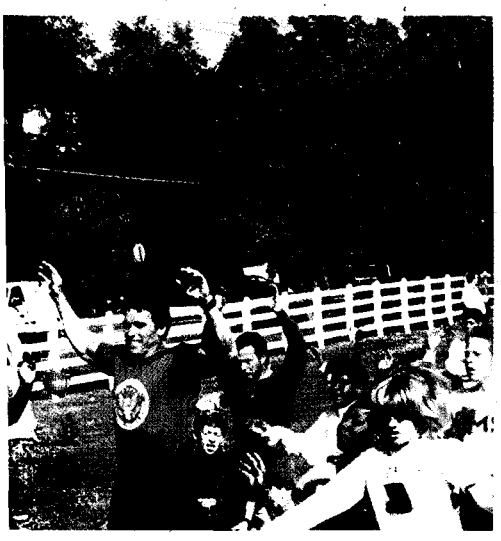

Another group of eager kids line up awaiting the signal to go-go-go around the four-lane 200-meter track.

Under the tutelage of Purdue University volunteers, kids exercise with shovels as they plant trees for the future. It is hoped that some 50,000 tulips will raise their colorful heads in time to salute the occasion at the Fitness Farm.

With coach Schwarzenegger offering encouragement, Special Olympics children have a ball playing catch. These special kids are also invited to join the fun in the Arnold Relays. Time Prediction Races on the track will give the wheelchair-bound an opportunity to win, too.

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THE GRAND-TIME STRIDERS

Research at Harvard and California State University (Long Beach) shows how to combine relaxation with brief moderate exercise to get instant benefits.

by T George Harris

The best visit I've ever had with my grandson Jeremiah came when we went for a walk together along the Hudson River. We were trying out a new program for grandparents and grandchildren called the Grand-Time Striders.

The editors of the Children's Better Health Institute started the Grand-Time Striders in their children's health magazines. It's going to be fun to come to Indianapolis to join Arnold Schwarzenegger, Cory SerVaas, and other members of the President's Council for Physical Fitness and Sports, in the first major Grand-Time Striders Event.

This program is based on the most advanced new medical research on the important connection between exercise and health. It has uncovered a way to turn a five- or ten-minute walk into a reliable way to reduce tension and boost your mood. You feel the benefits right away, and psychologists can measure both the mood boost and the anxiety reduction. Result: For the first time ever, we have an exercise that pays off immediately so that you can actually feel the difference.

That's important, especially for kids and elders, the two population groups most in need of regular exercise.

Sport psychologists and fitness researchers have searched for years in the hope of finding some form of instant gratification to help people stay with their exercise, a quick and pleasant payoff that provides a "reinforcer" to help build a new habit. Nobody expected to find the missing magic in the simplest of all exercises, a walk around the block.

Dr. Robert Thayer at California State University in Long Beach startled university researchers a few years ago with the first evidence that brief, moderate walks actually boost your mood. Using standard psychological tests, he showed that they are as effective as a sugar snack, say a candy bar or soda drink. Better yet,

Grand-Time Striders will make their grand debut at the Arnold Relays in a walk around the fitness trail.

the walk-boosted mood lasts for three or four hours while the sugar boost turns around and lets you down. Your body's insulin douses the blood sugar and leaves you lower in energy than before the candy.

In subsequent work, Thayer found that short walks often have another psychological payoff: They can reduce the anxiety we tend to build up in the typical, stress-filled day.

Thayer's findings led other researchers to study how to evoke what is called the "relaxation response," the opposite of what physicians have long identified as the "fight-or-flight response" to any kind of threat. Dr. Herbert Benson, a cardiologist at Harvard School of Medicine, has confirmed the benefits of the relaxation response in years of rigorous experiments. His pioneering work led Harvard last winter to establish America's first endowed chair in behavioral medicine.

Dr. Benson and Dr. Thayer, both good friends of mine, have helped me to combine their work and redesign the Relaxation Response Walk into the Grand-Time Striders. This walking routine is a lot like counting cadence when marching.

To give the Relaxation Response Walk a try, walk along and count each time your left foot hits the ground. Or repeat your favorite song title in time to your steps.

Because Dr. Benson's research began with the relaxing effects of meditation and prayer, some people like to repeat a short prayer in time to their steps. I use a prayer I happened to try first in combat and also in covering tense stories such as race riots: "Not my will but Thine." The repetition helps head off the worries and frets that build up stress and drive up heartbeat, metabolism, muscle tension, and blood pressure. While you count or repeat a phrase, other thoughts may intrude upon your mind. I just let them keep on drifting and get back to my little prayer.

If you like, you may join me in our Grand-Time Striders Walk around the exercise stations at the Fitness Farm in Indianapolis. It will be the first public trial of the new research, so maybe we can ask the doctors to measure our blood pressure before and after the ten-minute walks. If we do it right, we will get a measured reduction in blood pressure.

Whatever your age, grandparent or grandchild, we know you will feel better and be a little less tense after a stroll through those beautiful tulips Dr. Cory SerVaas planted for the big day.

A well-known fitness advocate, the author T George Harris (with grandson Jeremiah) is editor in chief of the Children's Better Health Institute. He was formerly the founding editor of American Health *magazine and recently received the Healthy American Fitness Leader Award.*

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UNITED METHODISTS ON THE MOVE

For more than 200 years this denomination has formed the vanguard of positive social movements and special care ministries in America.

by John McCollister and William M. English

Editor's Note: *This is the first in a series of articles exploring the role of America's major religious denominations today.*

What do Senator Robert Dole, ex-football coach Tom Landry, associate justice Harry Blackmun, and country humorist Minnie Pearl have in common? The same thing as elder statesman Barry Goldwater, boxer Evander Holyfield, opera singer Leontyne Price, and tennis star Arthur Ashe.

They, along with nine million others, are United Methodists.

When Abraham Lincoln said "God bless the Methodist Church!" he was not the first or the last person to recognize the unique contribution of the denomination, a contribution that has attracted not only this diversity of active participants, but also has established the 38,000 United Methodist churches nationwide.

Methodism has been described as ". . . our most characteristic church. . . . long on good works, primarily middle class, incurably optimistic, zealously missionary and touchingly confident of the essential goodness of the man next door."

For more than 200 years, Methodists have been at the forefront of positive social movements and special-care ministries in America. John R. Mott, known as "the grand old man of Methodism," helped found the World Council of Churches and the YMCA. Frances Willard started the World's Woman's Christian Temperance Union and worked to abolish child labor and to promote women's suffrage. The hatchet-wielding Carry Nation became the symbol of the temperance movement. Branch Rickey began the integration of major league baseball by signing Jackie Robinson to the Brooklyn Dodgers.

Long before the American Revolution, English Methodists preached opposition to slavery and after the Civil War, they fought against segregation. Methodist Circuit Riders, known for their bravery and self-sacrifice, carried civilization and morality west with the pioneers. The denomination has championed civil rights, the rights of minorities and women, the drive for nuclear disarmament and for world peace, and the training of the handicapped. United Methodists founded Goodwill Industries in 1902.

The American educational landscape would look much different today without the hundreds of schools founded by Methodists, such as Northwestern, Auburn, Vanderbilt, the University of Southern California, and the University of Tennessee at Chattanooga, or the 123 schools which are still affiliated with the church, including Emory, Syracuse, Duke, American, Drew, and Southern Methodist universities.

The church also founded many of America's most outstanding hospitals. Methodist Hospital of Indianapolis is one of the world's leading research hospitals for organ and tissue trans-

Green Bay, Wisconsin, children get the message from Rev. Henry Dreistadt at the First United Methodist Church. Younger audiences are leading a resurgence in church growth.

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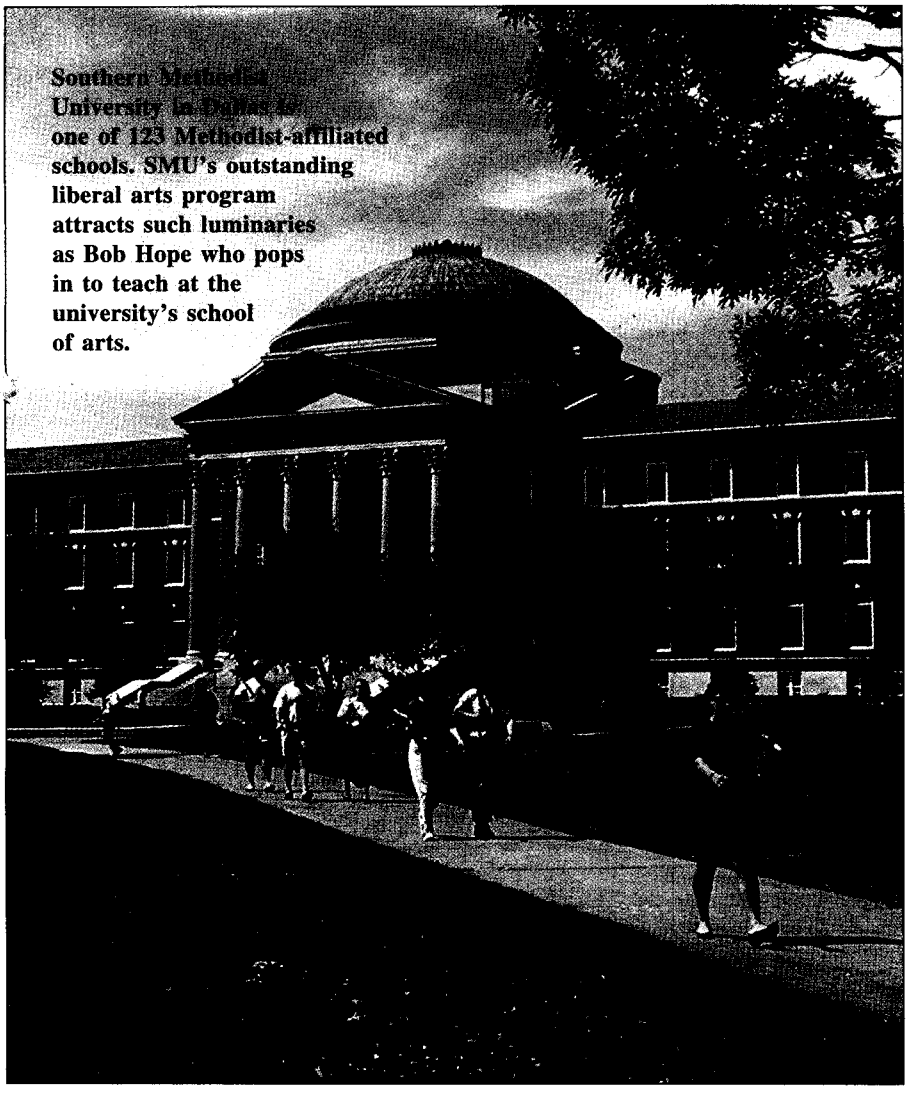
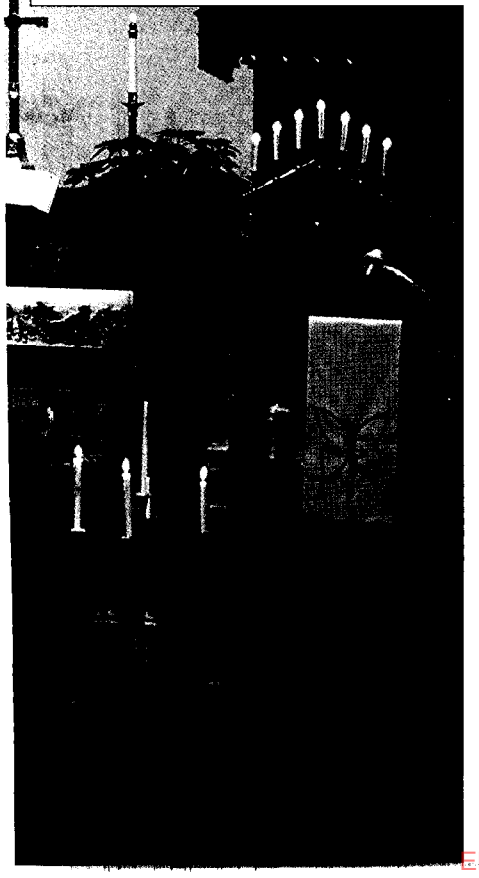


Southern Methodist University in Dallas is one of 123 Methodist-affiliated schools. SMU's outstanding liberal arts program attracts such luminaries as Bob Hope who pops in to teach at the university's school of arts.

plantation. Crawford Long Hospital, a 583-bed, acute-care teaching facility in downtown Atlanta, is a nationally renowned heart center. The Methodist Hospital of Houston is the largest private, single-site, non-profit hospital in the United States, and the home of world-famed heart surgeon Dr. Michael DeBakey. Bethany Medical Center in Kansas City is one of the few remaining downtown hospitals serving the inner city. More than 19 percent of its patients are Medicaid recipients.

Despite an overall decline in church membership over the last decade, United Methodists remain optimistic, especially in the light of multiple signs of growth. Last year, according to Roger Burgess, general secretary of United Methodist Communications in Nashville, Tennessee, 20 major geographic areas registered net membership increases. A recent bishops' initiative to redefine the "vision" for the church is showing signs of success, even sparking new building programs.

But the Methodists also measure success in terms of generosity—and that, if anything, is increasing. Members last year alone gave some $2.6 billion to churches. "When there is a famine or major disaster," says Judith Craig, bishop of the Michigan area, "a 'bishops' appeal' to our 38,000 U.S. churches can bring in as much as $6



Methodists promote education in America and around the world. Bishop Emilio J. M. DeCarvalho led the groundbreaking ceremony for Africa University in the highlands of Zimbabwe, funded by generous contributions from American Methodists.

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million for any given cause."

And the causes range from fighting drug use in America to founding the first privately funded university in Africa. "We feel that Christians have a special obligation to work against social evils," says Methodist Bishop C. Dale White. "I agree with John Wesley, founder of Methodism, who told us to go and minister. Then, in the process, we are enriched spiritually by what we are doing."

In recent years, the church has armed itself for the war on drugs. Bishop Felton May is its "commander-in-chief." May issued the battle cry: "We must mount a holy war against drugs and reclaim our streets. We've got to utilize everything we can get our hands on to facilitate recovery." Bishop May helped to organize a campaign beginning in Washington, D.C. where five area churches set up "saving stations" to help youth overcome their drug problems.

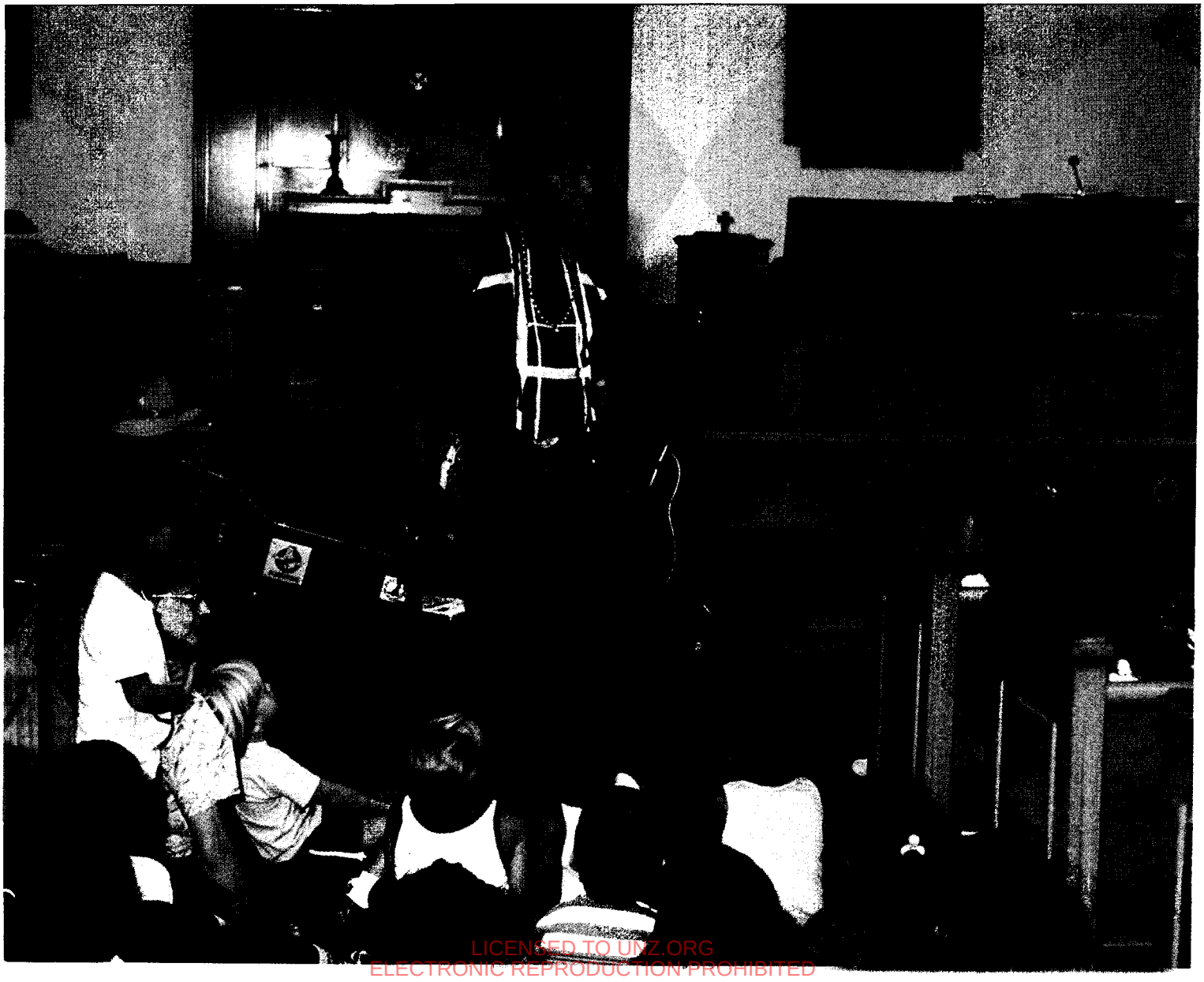
Now working to extend their ministries to Native Americans, United Methodists have founded a new National Native American Center in Oklahoma City to train key leaders among the 14,000 Native Americans who have chosen the United Methodist denomination.

The denomination is also strengthened by 245,000 black, 40,000 Hispanic, and 50,000 Asian members.

Another concern of Methodists is early childhood education. They were among the first to start homes for unwed mothers. They later pioneered the establishment of Christian orphanages out of which grew a nationwide child-care movement. Today, the United Methodist Church sponsors 170 residential and community service agencies for children and youth in 40 states. "We don't try to make them United Methodists," says Mary Jane Pierce Norton, the denomination's director of children's education and weekday ministries. "We join hands with families to raise their children with Christian values and quality education. Our commitment is simply to care for the children and help them see themselves as persons who are worthy of being called 'children of God.' "

Switch now from your local United Methodist church basement to a picturesque valley in the highlands of Zimbabwe, where last year more than 3,000 United Methodists gathered for

The Methodist Church recognizes its 14,000 Native American members in a variety of special programs, including pastoral exchanges and an annual Native American Awareness Sunday. Here Methodists learn songs and lore from Native American Dayton Edmonds.



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the groundbreaking of Africa University, the first privately funded university on the continent. Houston Oilers' quarterback Warren Moon is the fund-raising chairman of a $10-million scholarship endowment, and local churches are raising another $10 million to launch Africa University.

Or go to the new Russian republic where, says Randy Nugent, general secretary of the Global Ministries board, "the door has been flung wide open for the United Methodist Church to proclaim the gospel to millions of persons who have a deep personal hunger."

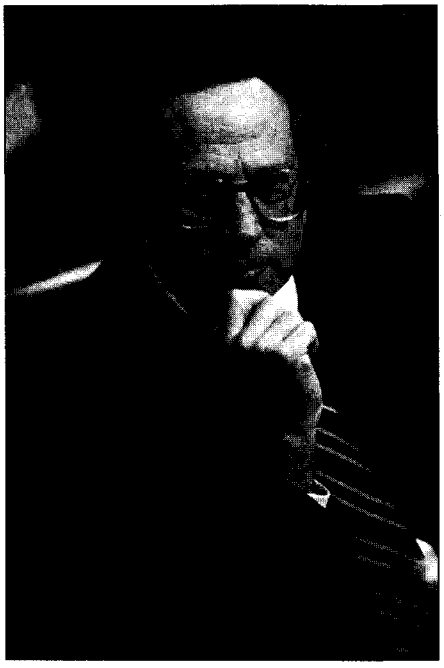
As for their physical hunger, Methodist congregations across the United States launched a massive relief effort to help Russians survive the bleak winter with food as well as clothing and critical medical supplies. And last year, Methodists played a large part in bringing 16 children exposed to radiation from the Chernobyl nuclear accident to Richmond, Virginia, for medical examination. At the same time, Methodist Health Systems of Memphis formed a partnership with a pediatric hospital in Moscow to help treat childhood leukemia in the Russian republics.

The media may debate whether the church has outlived its usefulness, but the Methodists' incurable optimism endures. "Methodists today feel positive about their church," Methodist layperson Richard Zimmerman, chairman of Hershey Foods Corporation, asserts. "They see new life and vitality in the United States and a growing mission effort around the world."

Methodists may certainly take heart in a message from Rabbi Marc H. Tanenbaum, former director of international relations for the American Jewish Committee:

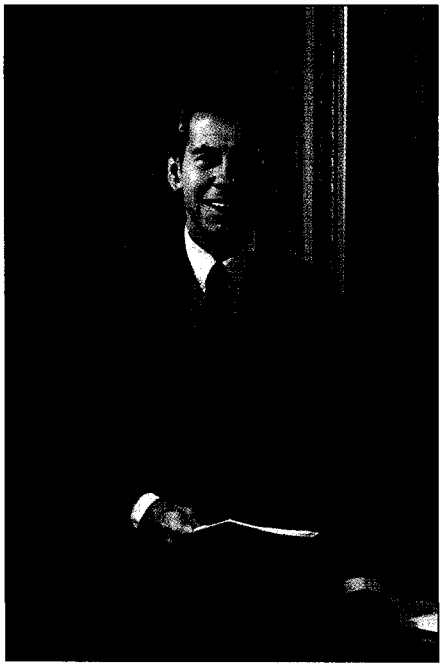
"Everywhere I go in the world, I meet Methodists who are making peace. I see leaders of rising African nations and learn that they were trained in your mission schools. I find educated populations who stand up and call their leaders to accountability and discover they, too, were trained in your schools.

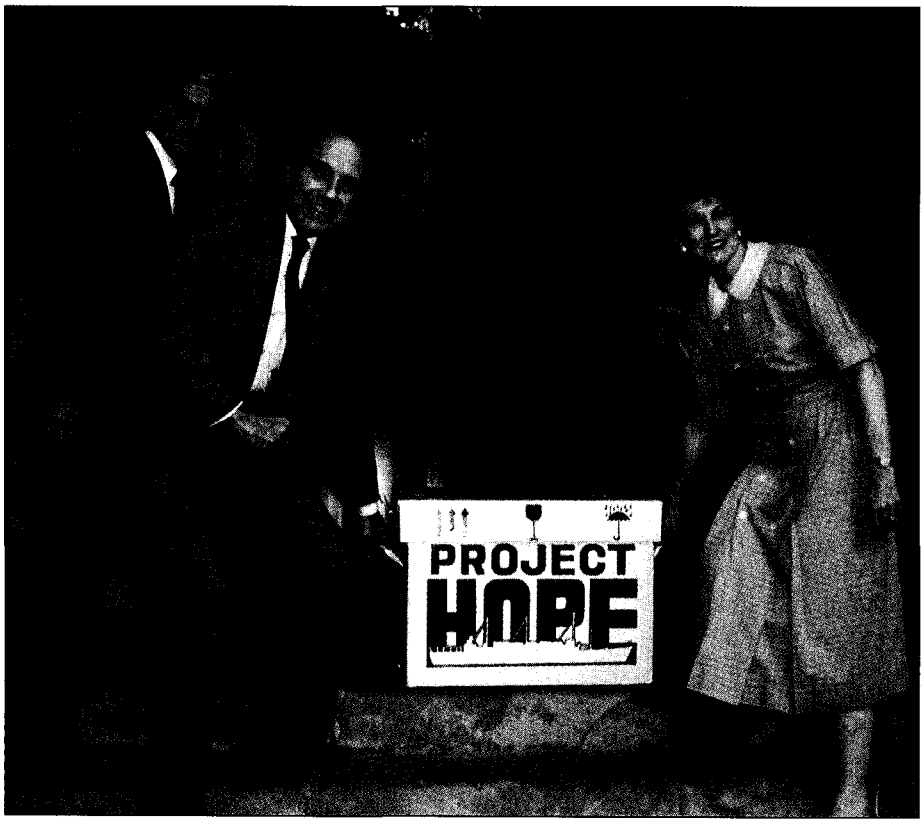
"Everywhere I go in Africa, there are Methodist missionaries at work where they have been for more than 100 years, making peace, giving people hope and dignity, building community. I see the same thing in South America and Asia. You people are the peacemakers of the world."



Of all the Protestant denominations, Methodists number the greatest in Congress. Many members recall a strong foundation of faith. "I remember my father's Christian example," says Senator Sam Nunn of Georgia. "He took seriously his role as a Methodist layman."

"I have been involved in the Methodist church since the very earliest days of my memory," says Indiana Senator Richard Lugar. "Certainly, the church has provided a wonderful corporate fellowship of friends and family throughout my life."





"My faith in God and my foundation in the Methodist Church have shaped who I am as a person—as a wife, mother, and public servant," says Elizabeth Dole, President of the American Red Cross. Mrs. Dole belongs to the Foundry United Methodist Church in Washington, D.C. Her husband, Senator Robert Dole, is also a member of the Methodist Church.

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SNAKE IN THE KITCHEN

Good snakes may have round eyes, bad snakes slit eyes, but getting close enough to tell was the problem.

by Maynard Good Stoddard

Illustrated by Don Trawin

My wife doesn't scream very often. When she does scream you kind of get the idea that something may be amiss. Like maybe a snake in the kitchen. Which there was.

Of course, I didn't know that until after risking a rupture and whacking my best knee leaping from my desk to rush out and see what might be amiss.

"Look," she gasped, pointing to the window.

No question about it, hanging from the curtain rod above the kitchen window was this snake, its head swinging back and forth and its beady eyes checking out the strange surroundings.

My wife had already backed over the cat and hit her funnybone on the microwave. In hurrying to protect her, my hip joint caught a corner of the table, which provided me with a little time for meditation.

I must admit, I have never met a snake I liked. Even the garter variety is enough to have me dropping the hoe and heading for the house. And in my youth I outraced many a blue racer. Those two varieties constituting all I know about identifying snakes, what we were entertaining here could very well be a viper, asp, copperhead, even an adolescent anaconda, the kind that hug you until your eyes pop. I had read that a friendly snake has round eyes and a poisonous snake's eyes are slits. But I was not especially eager to check that close.

"Can you see if its eyes are round or slitty?" I whispered.

"Not from here," she said aloud. And just the way she said it I knew the temperament of the snake would have to be determined by another method.

"I read about a woman sitting at the dinner table in India who felt a cobra wind around her leg and she told a servant to place a bowl of milk on the floor and the snake left her leg and went for the milk."

"What if this one isn't a cobra?" asked my wife, who knows even less about snakes than I do. "Besides, I gave the last of the milk to the cat."

I was about to suggest that the snake might go for a cat full of milk, when I spotted the broom standing in the corner. The only problem, the corner happened to be the one by the window from which the snake was now glaring at me. To reach the broom would require me to scuttle across the floor and strike my healthy knee on the drawer handle beneath the oven door of the range. Which I did.

With the broom in hand I held the whisk part up to the snake, hoping he might climb aboard. Where we would have gone from there I hadn't worked out. Probably turned it over to my wife and run to open the door. The situation, however, never came up, as the snake only hissed at the broom and turned to see what else I might have to offer.

Noting by now that its eyeballs were round and trusting in my recollection that round eyeballs meant nonpoisonous, I found the courage to move the broom around and raise the ruffle on the curtain. It was a mistake. What I had in mind was maybe a snake of, say, a foot to a foot and a half in length. This one was coiled around and around the curtain rod and then around and around its coils. When I dropped the broom, the handle landed directly on the big toe of my left foot. It still hurts on rainy days.

Content with doing all the damage it could do for the moment, slowly the snake unwound and leisurely began to crawl across the wall toward the back of the sink. When all but a foot or so of its five feet, by conservative estimate, had disappeared, I grabbed hold of the last six inches to pull it out. For what reason I have no explanation. Luckily, it kept on disappearing.

So now, the sink having no back to it, somewhere amongst the pipes, the buckets, the bottles, the odds and the ends and the just plain junk, we also had a snake. To leave it there would of course be to never

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know when entering the kitchen where you might encounter the thing. I had even heard of a snake coming into a bedroom to share the electric blanket. One of us, therefore, had to rout this reptile out and route it away from the bedroom.

"It's your cleaning stuff," I pointed out to my wife. "You'd know better than what should be moved. What to look into. And so on."

We finally agreed to remove the stuff alternately, she taking out an object, then my turn. She going first, as it was her cleaning stuff. Thus by ducking in and out, we had everything removed but the mop bucket in the corner.

With the broom in hand I held the whisk part up to the snake, hoping he might climb aboard. Where we would have gone from there I hadn't worked out.

And it was my turn. If you ever saw a mop bucket snatched up in a hurry, that was it. And if you ever saw a man whack his head on the sink ledge coming out of there, that was also it. And I had jarred my brain loose from its mooring all for naught. No snake.

However, after my vision cleared, I spotted a 4x4-inch square hole that a former tenant had cut into the wall behind the sink. If it had been for something besides a snake entrance, its purpose escaped me.

We couldn't be altogether certain, of course, that the snake had found its way out. Hadn't I read that most snakes are nearsighted? What if this one had gone right past the hole and was now reposing on the floor behind the sink? Not only did we leave the junk out for the rest of that day, to be on the safe side we also looked under the bed, around the bed, and in the bed that night before climbing in ourselves. A little past midnight, when the cat jumped onto the bed, I was out of there before my wife could say, "It's only the cat, where do you think you're going?" I had to get my own Band-Aid to close the gaping wound in my knee that had failed to clear the wrought iron nightstand. My wife, a bit nearsighted herself, said it was only a scratch.

The next morning, after another search finally convinced us that the snake had indeed let itself out, I plugged the hole with insulation and stuck a piece of tape across it. And that was that . . . until that afternoon when I flung open the cellar doors.

Yep. Along the concrete ledge heated by the sun shining on the metal doors, there lay our snake, stretched out to its full five, or six, even maybe seven, foot length.

What happened after that was almost too fast for the human memory to record. I remember dislocating my wrist disengaging my hand from the door handle, and I took time to scrape my good knee across the corner of the door before

continued on page 88

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Celebrating Spring

Post artists of the American Illustrators Hall of Fame portray the long-awaited season.

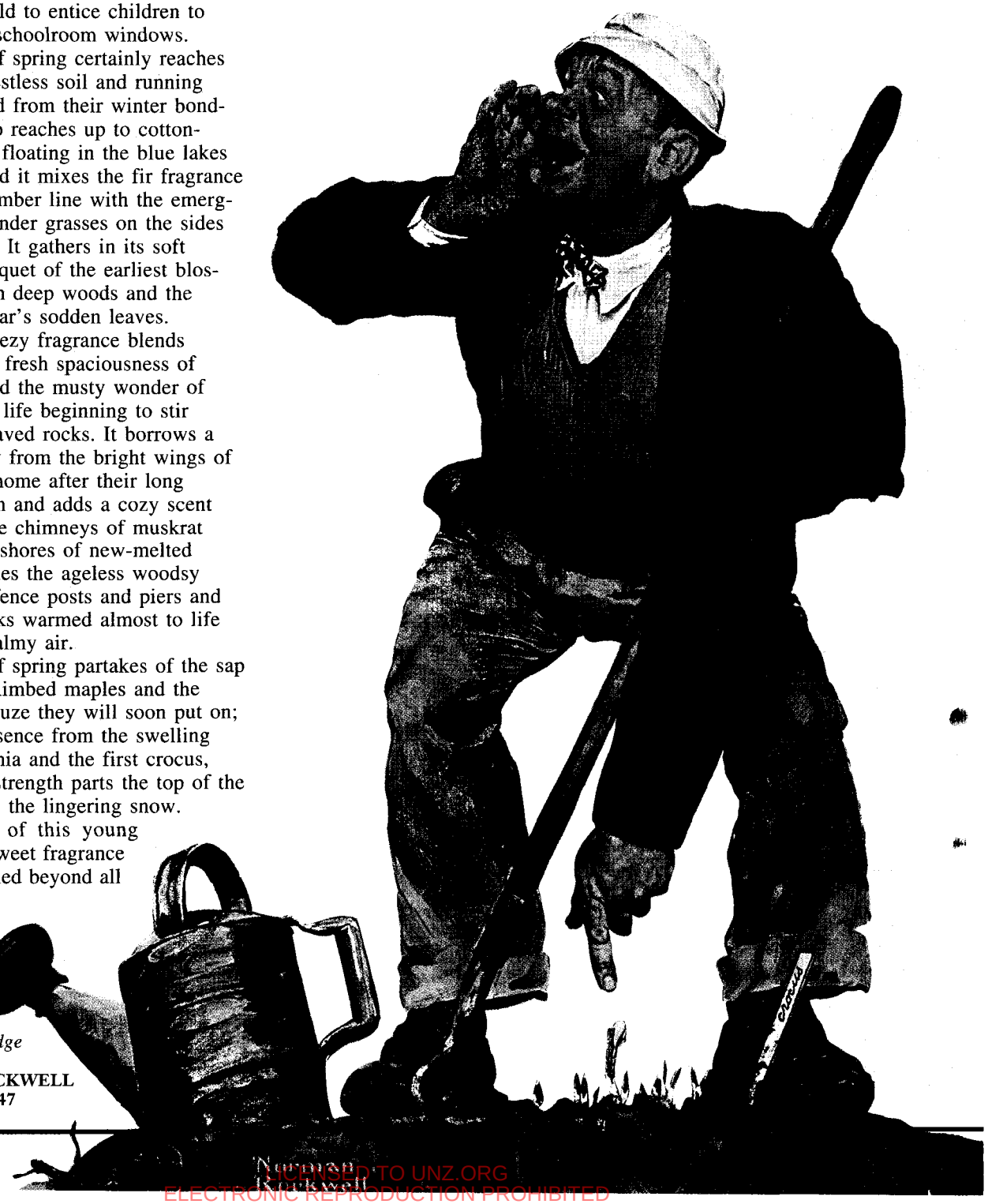
Among all of nature's bountiful gifts that awaken our senses, bringing back old memories and quickening new hopes, none is more precious to millions of winter-weary Americans than the first smell of spring. It is not easy to put a typewriter finger on the components of this elusive fragrance, and it may indeed be argued that the smell of spring is simply the smell of wet earth, intensified by the warmth of the higher-riding sun and carried across the windy world to entice children to dally at open schoolroom windows.

The smell of spring certainly reaches down to the restless soil and running waters released from their winter bondage, but it also reaches up to cotton-batting clouds floating in the blue lakes of the sky. And it mixes the fir fragrance of mountain timber line with the emerging scent of tender grasses on the sides of gentle hills. It gathers in its soft breath the bouquet of the earliest blossoms hidden in deep woods and the tang of last year's sodden leaves.

Spring's breezy fragrance blends itself from the fresh spaciousness of clean fields and the musty wonder of tiny worlds of life beginning to stir under frost-heaved rocks. It borrows a little pungency from the bright wings of birds coming home after their long winter vacation and adds a cozy scent from across the chimneys of muskrat houses on the shores of new-melted ponds; it catches the ageless woodsy aroma of old fence posts and piers and chopping blocks warmed almost to life again in the balmy air.

The smell of spring partakes of the sap rising in bare-limbed maples and the pale-yellow gauze they will soon put on; it draws its essence from the swelling buds of forsythia and the first crocus, whose gentle strength parts the top of the world and lifts the lingering snow. The elements of this young season's sad-sweet fragrance are indeed mixed beyond all description and will always mean all things to all people.

—Richard Attridge



NORMAN ROCKWELL
MARCH 22, 1947

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When things were as fine as could possibly be
I thought 'twas the Spring; but alas it was she. –JOHN BYROM

NORMAN ROCKWELL - APRIL 8, 1933

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There is no time like Spring,
When life's alive in every thing. –CHRISTINA ROSETTI

GEORGE HUGHES – MARCH 28, 1953

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Then came the lovely Spring with a rush of blossoms and music,
Flooding the earth with flowers, and the air with melodies vernal. –LONGFELLOW

NORMAN ROCKWELL – APRIL 16, 1927

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"THIS IS KNUDSEN"—By Charles Wertenbaker

The season pricketh every gentle heart,
And maketh him out of his sleep to start. –CHAUCER

JACK MURRAY – APRIL 17, 1937

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The Spring's already at the gate
With looks my care beguiling;
The country round appeareth straight
A flower-garden smiling. –HEINRICH HEINE

JAMES McKELL – APRIL 13, 1929

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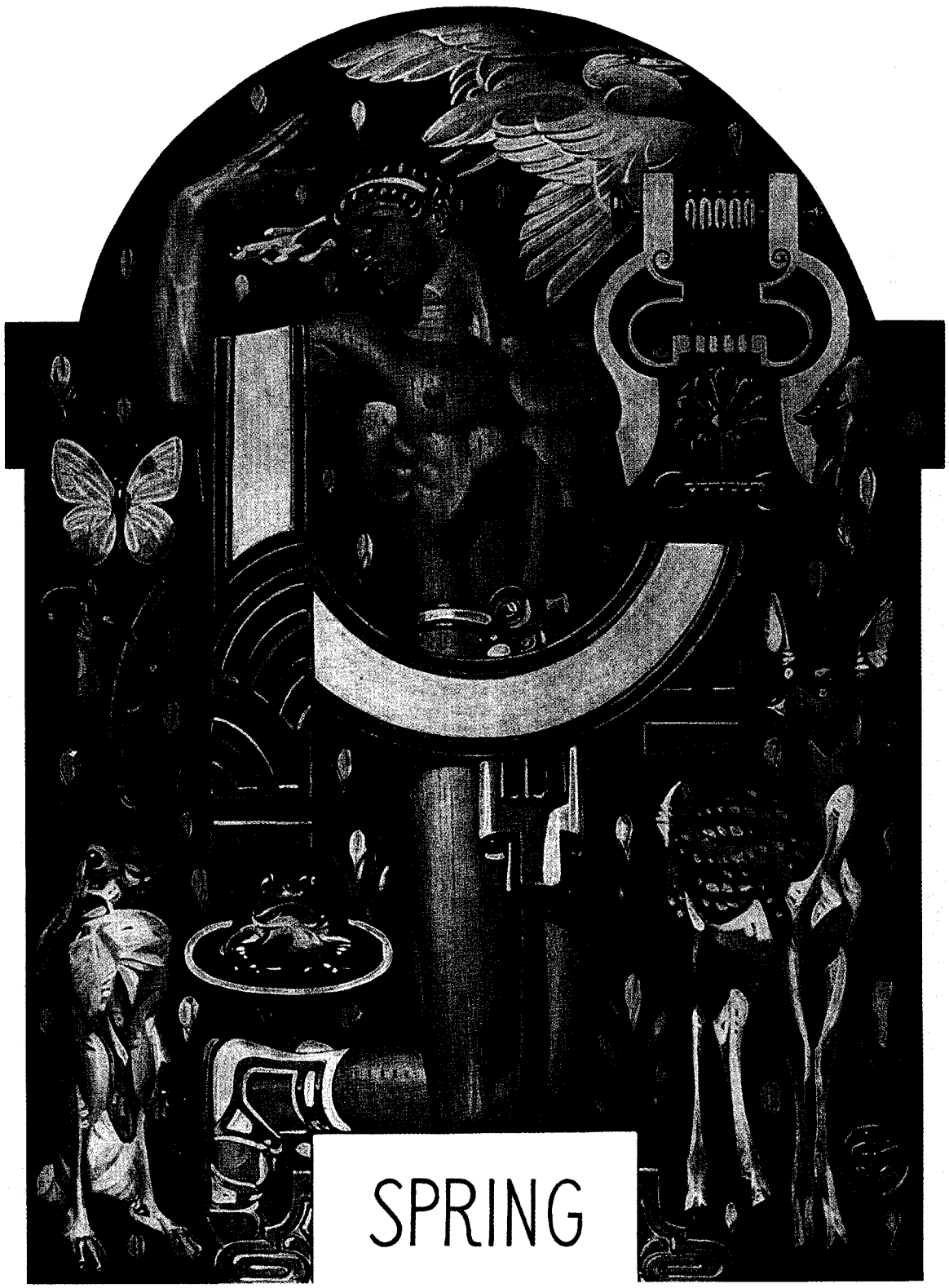

I have not yet lived long
Enough to be so young
As the old innocence
Of the eternal Spring. –RICHARD CHURCH

J. C. LEYENDECKER - MARCH 30, 1929

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THE WRITING IN THE SKY By MacKINLAY KANTOR

Come, gentle Spring, ethereal mildness, come;
And from the bosom of yon dropping cloud,
While music wakes around, veiled in a shower
Of shadowing roses, on our plains descend. –THOMSON

J. C. LEYENDECKER – APRIL 16, 1938

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TIMELESS TIPS FOR PEONIES

There are no more desirable flowers than these durable plants whose splendors survive all adversities, even lack of care.

by Romaine B. Ware

Editor's Note: Romaine B. Ware's classic guidelines for growing peonies were first published 60 years ago in The Country Gentleman *magazine.*

One of the most highly prized flowers in my grandmother's garden was an old red "piny." Though it was a vastly different flower from the modern peony of this day, it had one outstanding quality for which peonies everywhere are noted—its permanence.

Turn back the calendar to 1799, and out in West Virginia a pioneer planted a root of the old red peony, *Officinalis rubra*, which is reported as still blooming in the same location. Earlier still, in 1790, on the banks of the Mississippi, in what later became the state of Illinois, one of the first white settlers is said to have planted a root of this same variety which he had sent to him from his old home in Germany. Up to a few years ago it was still thriving at the old homestead with the fourth generation of the planter's family enjoying it.

Profusely blooming peonies command attention in a late spring garden. Although rugged, they respond well to a little special treatment.

At the 1922 show of the American Peony Society held in London, Ontario, there was exhibited a vase of the old variety *Fragrans* cut from a plant said to have been put into its present place in the garden in 1835. Doubtless if we could investigate European records we would find plants even older than these.

Those who are familiar with the peony and its sturdy character can well appreciate the above records. It is doubtful if any other flowers can be depended upon to survive as long or to withstand the neglect that falls to the lot of many peonies. One frequently sees plants almost choked by grass and weeds; still they struggle on year after year. It is this characteristic of permanence, this ability to survive with a minimum of care, that gives the peony an unusual garden value.

New Fragrance

Anyone familiar with the modern peony will freely acknowledge that it has grace and beauty far beyond any other hardy perennial of its size. Too, many varieties favor us with an exquisite fragrance and among the new ones being introduced this quality is considered important. Their natural hardiness is of the utmost value. Our present varieties are mostly the result of hybridizing with the *Paeonia albiflora* group as parents.

Paeonia albiflora is quite different from the old red "piny" of Europe. It is a native of Northern China and Siberia and is frequently spoken of as the Chinese variety. Coming from a land where the climate is very severe, this peony brings a rugged constitution the equal of which is found in very few flowers. In our Northwestern states, Minnesota, the Dakotas and Montana, in Saskatchewan and Manitoba, Canada, peonies have proved satisfactory outdoor flowers with a minimum of protection.

They have been known to withstand 53 degrees below zero and, except for the first winter after planting, seem to need no covering other than nature's blanket of snow. They do well in the northern half of the country and some excellent reports come from as far south as Rome, Georgia, and Cordova, Alabama. Out on the West Coast they succeeded from Los Gatos, California, north through British Columbia. They are especially fine in Oregon and Washington.

The hardiness of the peony and its deep rooting habit

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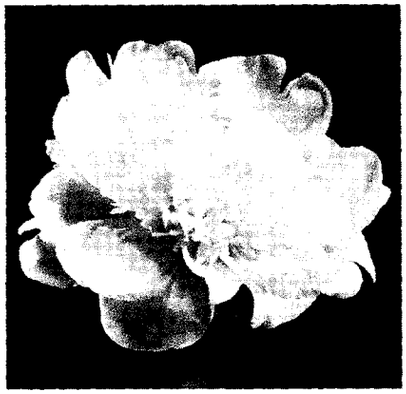
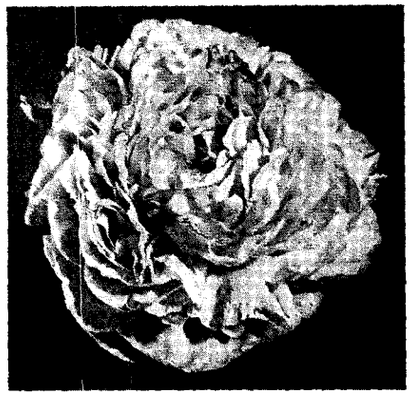
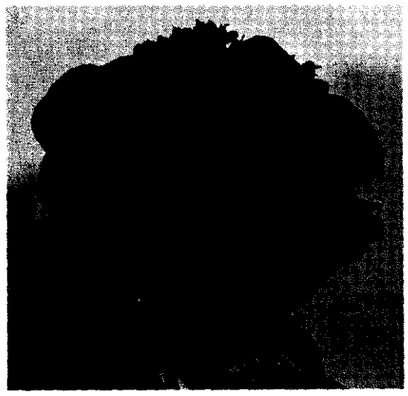


SNOW MOUNTAIN
(Bigger, 1946) . . . . . **Each $9.00**
M. D. White. T. Bomb type, opening light creamy pink, fading white. Bloom grows into high mountain of snow-white petals. Foliage medium dark green; strong stems, Buds open well.



NICK SHAYLOR
(Allison, 1931) . . . . . **Each $8.00**
L. D. Blush. M.H. A most outstanding beauty! Blush or light pink, with occasional red markings. Very fine form, good plant growth; does well in all sections of the country. No collection complete without it.



RED CHARM
(Glasscock, 1944) . . . . . **Each $12.50**
E. D. Red. 36". Rich red bomb type. Large bloom with tall stiff stems. Of all the varieties of Peonies we grow, if I were limited to one, it would have to be RED CHARM. In my opinion it is the greatest! Allen J. Wild.

RASPBERRY SUNDAE
(Charles Klehm & Son, 1968) . . **Each $9.00**
M. D. Pink. Take a heap of vanilla ice cream, liberally apply raspberry topping to drip over petals, and this cute variety appears.

Wild's have been growing Peonies over 107 years. So we do it right.

As a special offer to *Saturday Evening Post* Customers we've selected our 6 best sellers.

Peonies are excellent in any landscape, and grow for generations with very minimum care.

All plants will be shipped at the proper planting time.

Super Saver Collection

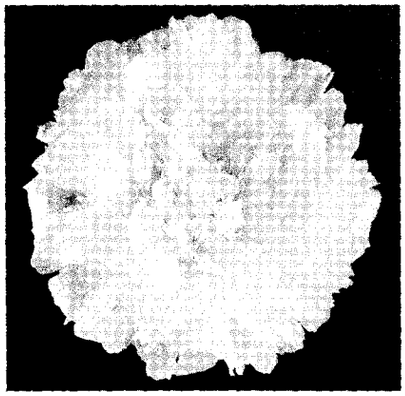
All 6 plants for $39.95
Save over $17.50

Peony Heritage Collection

Includes: Better Times, Raspberry Sundae, Red Charm and Snow Mountain for **$29.95**
Save over $9.50

BETTER TIMES
(Franklin, 1941) . . . . . **Each $9.00**
L.M. D. Pink, T. Deep rose-pink of rose form, straight, strong stems. Very showy. Good cut flower.

Guarantee
We guarantee our plants to your complete satisfaction or your money back.
Cultural Instruction with each shipment.



LILLIAN WILD
(Sarcoxie Nur., 1930) . . . . . **Each $10.00**
L. D. White. Lovely white with a flesh-pink cast, very large. Compact rose type.

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Qty.	Description	Price	Qty.	Description	Price
___	Snow Mountain	$ 9.00	___	Raspberry Sundae	$ 9.00
___	Nick Shaylor	$ 8.00	___	Better Times	$ 9.00
___	Lillian Wild	$10.00	___	Red Charm	$12.50
___	Super Saver Collection, all 6	$39.95	___	Peony Heritage Collection, 4 plants	$29.95

PACKING AND HANDLING ON EACH SHIPMENT $ 4.50

GRAND TOTAL $_____

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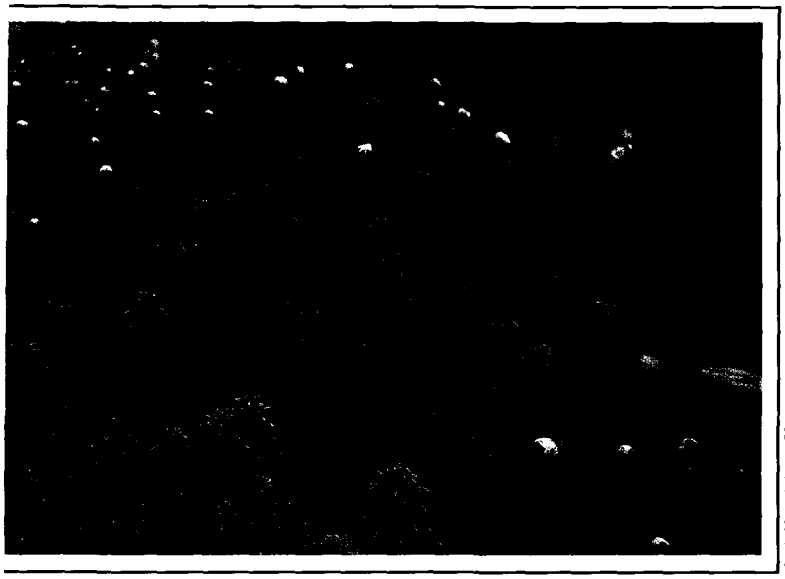
GILBERT H. WILD & SON, INC.

Recommended for large and small landscapes alike, peonies boast a neat growth habit and luxuriant flowers.

enable it to withstand extremes of climate much better than average flowers. Unlike annuals and such things as dahlias and gladiolus, peony roots do not require planting each spring and taking up in the fall. Once you properly plant a good peony you need not expect to have to disturb it for a score of years at least.

Peonies adapt themselves to a wide variety of soils, though a medium heavy loam is looked upon as ideal. Heavy soils are inclined to produce the finest colored blooms, but the commercial grower, interested in producing plants to sell, finds a medium light loam grows the finest roots. Peonies will grow well in any soil that will produce a crop of potatoes. They will not succeed in low, wet, poorly drained locations and cannot be expected to bloom in shady places. Sun at least half the day is essential.

Under normal conditions peonies have practically no diseases. Some growers by careless handling have allowed disease to get started in their plantings, but this is the exception rather than the rule.

Peonies require no spraying and under average conditions do not need artificial watering. Peonies can get along with very little cultivation, though if kept cultivated the plants will grow better and the blooms will be larger. They should be cultivated in the spring and if possible several times before their flowering season arrives, and after blooming stir the soil just enough to keep the weeds from getting started. Many plantings thrive with only two or three cultivations a year, though any extra care you give them will be amply repaid with better blooms. Within a foot of the plant, scratching the surface an inch deep is sufficient, but outside of this area deeper cultivation, say three or four inches, is better. Peony roots go deep; established plants, three feet and beyond. This is the reason a peony can withstand extremes of climate and has much to do with their being so long-lived.

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More Popular Peony Varieties

Reds
'Big Ben'—dark red, bomb-type
'Cherry Hill'—maroon-red, semidouble-type
'Constance'—red, Japanese-type
'Highlight'—dark red, double-type
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'Seashell'—pink, single-type
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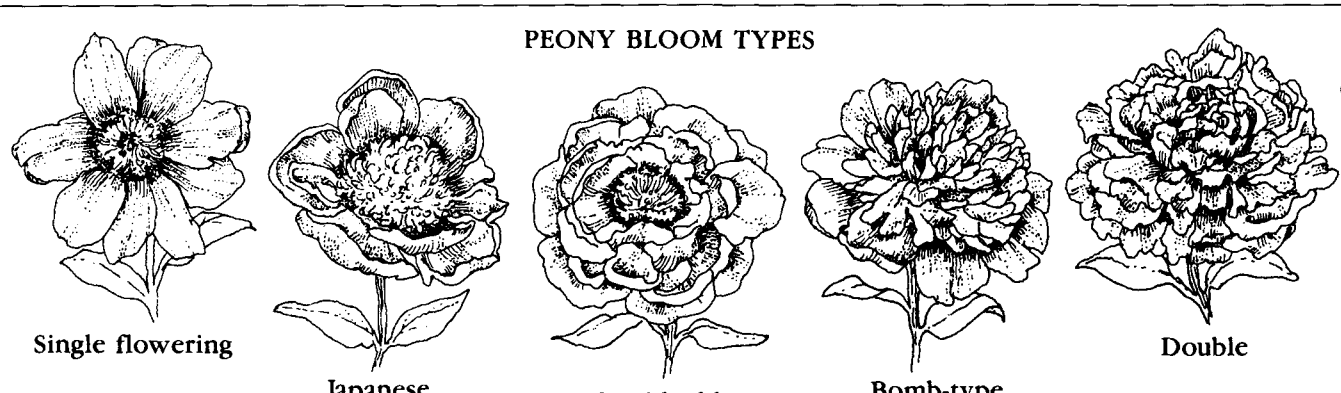

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THE JOY OF WALKING

A man ahead of his time, Thoreau preached physical exercise as well as preservation of the environment.

by Henry David Thoreau

Editor's note: First published a month after Thoreau's death, "Walking" was a fusion of two lectures entitled "Walking" and "The Wild" that the celebrated essayist, poet, and practical philosopher delivered repeatedly in the decade of the 1850s. Thoreau's walks become metaphorical crusades to the "Holy Land," into the mythical West, through the "wild," since "in wildness is the preservation of the world." A prophetic environmental statement, the essay abounds as well in memorable, evocative phrases and, although written long ago, still speaks to us directly. What follows is a condensed version of that essay.

I have met with but one or two persons in the course of my life who understood the art of Walking, that is, of taking walks—who had a genius, so to speak, for *sauntering*: which word is beautifully derived "from idle people who roved about the country, in the Middle Ages, and asked charity, under pretence of going *a la Sainte Terre*," to the Holy Land, till the children exclaimed, "There goes a *Sainte-Terrer*," a Saunterer—a Holy-Lander. They who never go to the Holy Land in their walks, as they pretend, are indeed mere idlers and vagabonds; but they who go there are saunterers in the good sense, such as I mean. Some, however, would derive the word from *sans terre*, without land or a home, which, therefore, in the good sense, will mean, having no particular home, but equally at home everywhere. For this is the secret of successful sauntering. He who sits still in a house all the time may be the greatest vagrant of all; but the saunterer, in the good sense, is no more vagrant than the meandering river, which is all the while sedulously seeking the shortest course to the sea. But I prefer the first, which, indeed, is the most probable derivation. For every walk is a sort of crusade, preached by some Peter the Hermit in us, to go forth and reconquer this Holy Land from the hands of the Infidels.

It is true, we are but faint-hearted crusaders, even the walkers, nowadays, who undertake no persevering, never-ending enterprises. Our expeditions are but tours, and come round again at evening to the old hearth-side from which we set out. Half the walk is but retracing our steps. We should go forth on the shortest walk, perchance, in the spirit of undying adventure, never to return—prepared to send back our embalmed hearts only as relics to our desolate kingdoms. If you are ready to leave father and mother, and brother and sister, and wife and child and friends, and never see them again—if you have paid your debts, and made your will, and settled all your affairs, and are a free man, then you are ready for a walk.

To come down to my own experience, my companion and I, for I sometimes have a companion, take pleasure in fancying ourselves knights of a new, or rather an old, order—not Equestrians or Chevaliers, not Ritters or Riders, but Walkers, a still more ancient and honorable class, I trust. The chivalric and heroic spirit which once belonged to the Rider seems now to reside in, or perchance to have subsided into, the Walker—not the Knight, but Walker Errant. He is a sort of fourth estate, outside of Church and State and People.

We have felt that we almost alone hereabouts practiced this noble [illegible]; though, to tell the truth, at least, if their own assertions are to be received, most of my townsmen would fain walk sometimes, as I do, but they cannot. No wealth can buy the requisite leisure, freedom, and independence, which are the capital in this profession. It comes only by the grace of God. It requires a direct dispensation from Heaven to become a walker. You must be born into the family of the Walkers. *Ambulator nascitur, non fit.* Some of my townsmen, it is true, can remember and have described to me some walks which they took ten years ago, in which they were so blessed as to lose themselves for half

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an hour in the woods; but I know very well that they have confined themselves to the highway ever since, whatever pretensions they may make to belong to this select class. No doubt they were elevated for a moment as by the reminiscence of a previous state of existence, when even they were foresters and outlaws.

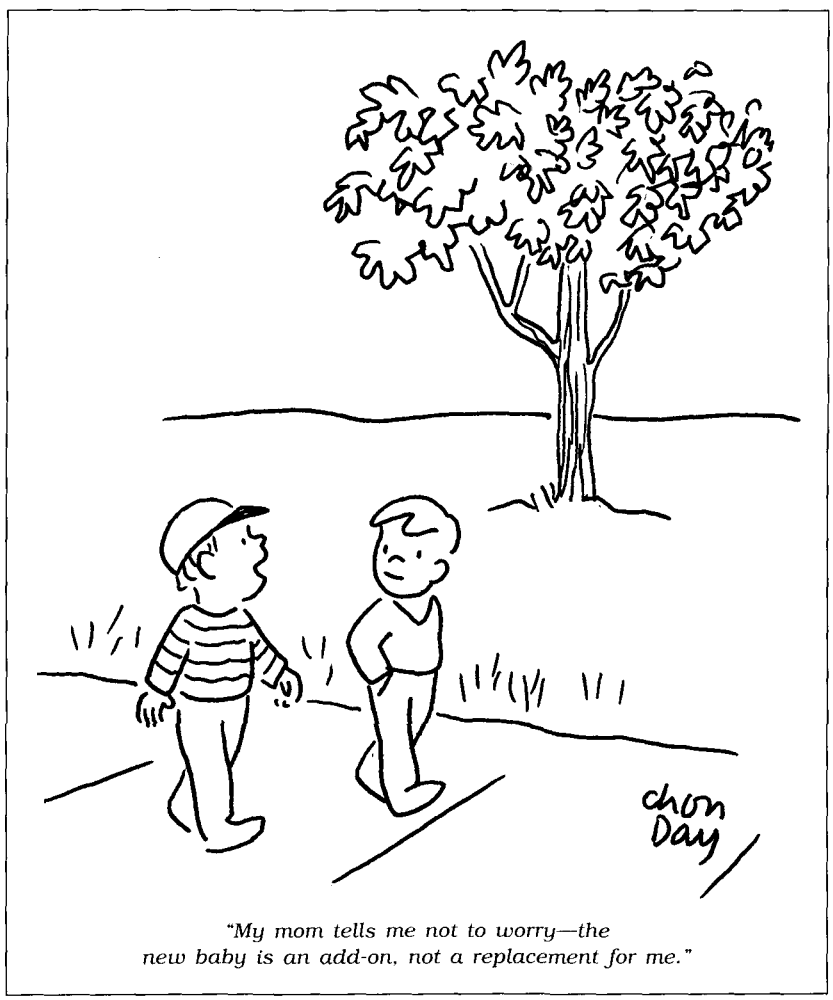
"When he came to grene wode,
In a mery mornynge,
There he herde the notes small
Of byrdes mery syngynge.

"It is ferre gone,
Robyn,
That I was last here;
Me lyste a lytell for
to shote
At the donne dere."

I think that I cannot preserve my health and spirits, unless I spend four hours a day at least—and it is commonly more than that—sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements. You may safely say, A penny for your thoughts, or a thousand pounds. When sometimes I am reminded that the mechanics and shopkeepers stay in their shops not only all the forenoon, but all the afternoon too, sitting with crossed legs, so many of them—as if the legs were made to sit upon, and not to stand or walk upon, I think that they deserve some credit for not having all committed suicide long ago.

I, who cannot stay in my chamber for a single day without acquiring some rust, and when sometimes I have stolen forth for a walk at the eleventh hour of four o'clock in the afternoon, too late to redeem the day, when the shades of night were already beginning to be mingled with the daylight, have felt as if I had committed some sin to be atoned for—I confess that I am astonished at the power of endurance, to say nothing of the moral insensibility, of my neighbors who confine themselves to shops and offices the whole day for weeks and months, ay, and years almost together. I know not what manner of stuff they are of—sitting there now at three o'clock in the afternoon, as if it were three o'clock in the morning. Bonaparte may talk of the three-o'clock-in-the-morning courage, but it is nothing to the courage which can sit down cheerfully at this hour in the afternoon over against one's self whom you have known all the morning, to starve out a garrison to whom you are bound by such strong ties of sympathy. I wonder that about this time, or say between four and five o'clock in the afternoon, too late for the morning papers and too early for the evening ones, there is not a general explosion heard up and down the street, scattering a legion of antiquated and housebred notions and whims to the four winds for an airing—and so the evil cure itself.

How womankind, who are confined to the house still more than men, stand it I do not know; but I have ground to suspect that most of them do not *stand* it at all. When, early in a summer afternoon, we have been shaking the dust of the village from the skirts of our garments, making haste past those houses with pure Doric or Gothic fronts, which have such an air of repose about them, my companion whispers that probably about these times their occupants are *all gone to bed. Then it is that I* appreciate the beauty and the glory of architecture, which itself never turns in, but forever stands out and erect, keeping watch over all the slumberers.



"My mom tells me not to worry—the new baby is an add-on, not a replacement for me."

No doubt temperament, and, above all, age, have a good deal to do with it. As a man grows older, his ability to sit still and follow indoor occupations increases. He grows vespertinal in his habits as the evening of life approaches, till at last he comes forth only just before sundown, and gets all the walk that he requires in half an hour.

But the walking of which I speak has nothing in it akin to taking exercise, as it is called, as the sick take medicine at stated hours—as the swinging of dumbbells or chairs; but is itself the enterprise and adventure of the day. If you get exercise, go in search of the springs of life. Think of a man's swinging dumbbells for his health, when those springs are bubbling up in far-off pastures unsought by him!

Moreover, you must walk like a camel, which is said to be the only beast which ruminates when walking. When a traveller asked Wordsworth's servant to show him her master's study, she answered, "Here is his library, but his study is out of doors."

When we walk, we naturally go to the fields and woods: what would become of us, if we walked only in a garden or a mall? Even some sects of philosophers have felt the necessity of

continued on page 84

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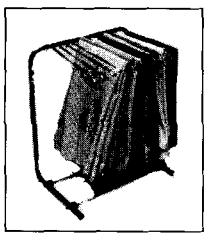

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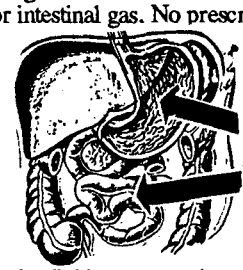

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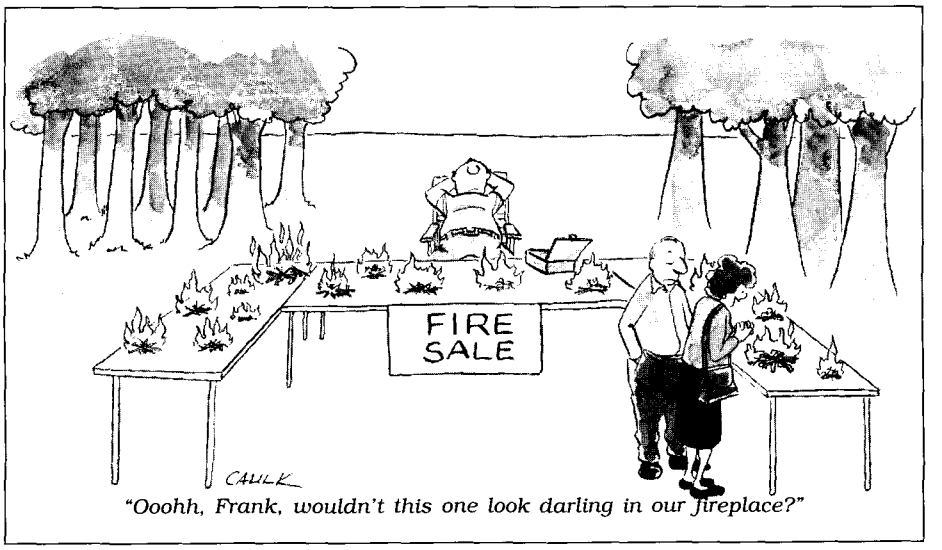

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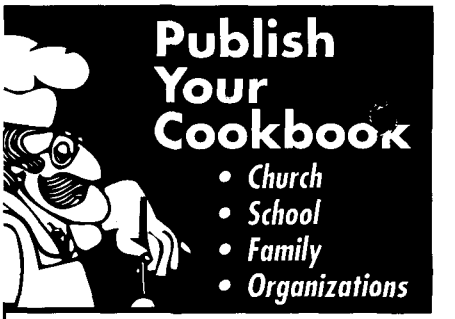

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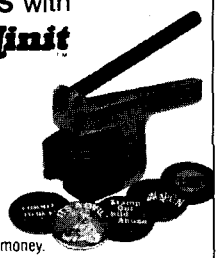

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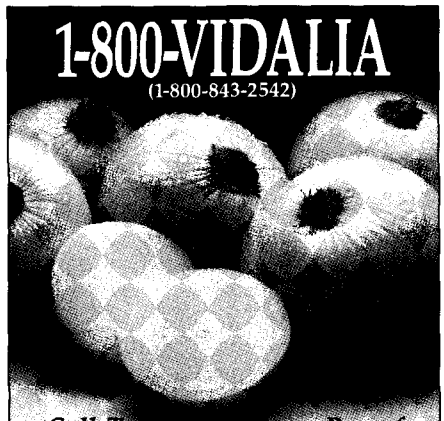

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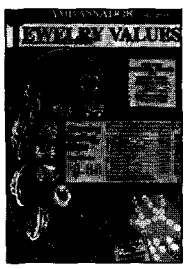

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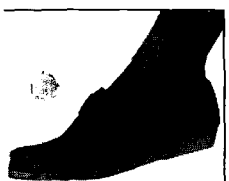

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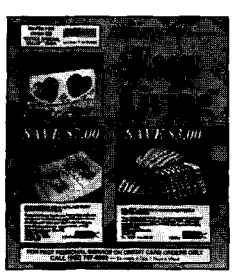

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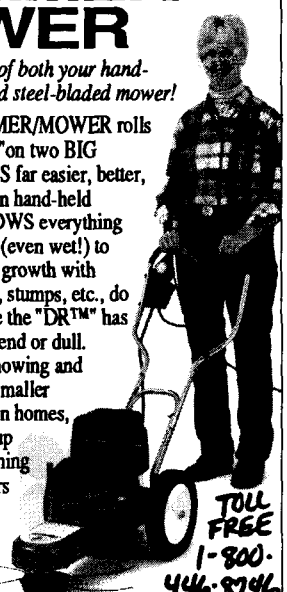

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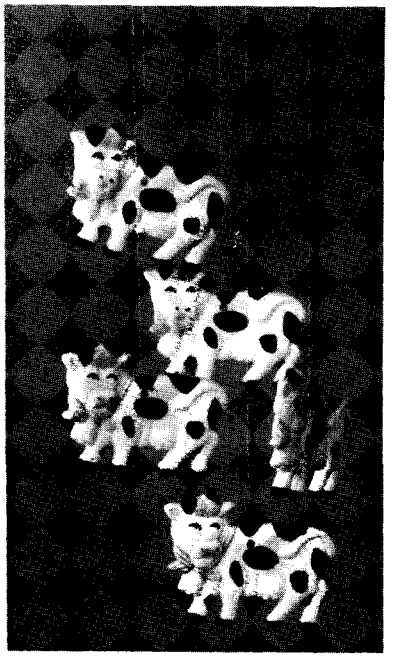

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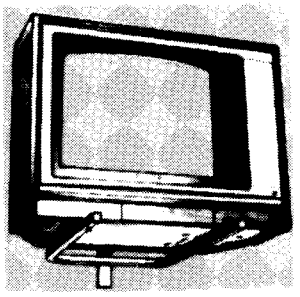

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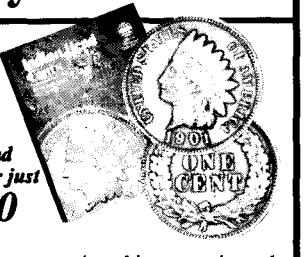

Why are we running this expensive ad offering ten different dates of historic Indian Head pennies at such an irresistible price? Because we're in business for the long term — we figure that even if our introductory offers lose money, we'll acquire satisfied new customers. And once you're acquainted with the way we do business — our strict grading, prompt delivery and personalized service — we hope you'll want to continue with us.

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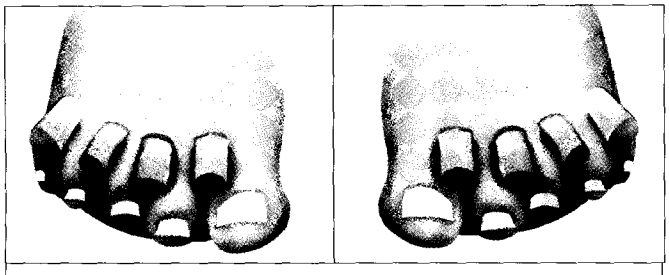

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CARDWELL
CARE(Y
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M(A)CAULAY
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M(A)CCORKLE
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M(A)DOUGAL(L)
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M(A)FARLANE
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M(A)CKAY
M(A)CKENZIE
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M(A)CLAUGHLIN
M(A)CLEAN
M(A)CLEOD
M(A)CMAHON
M(A)CMANUS
M(A)CMILLAN
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M(A)CMURRAY
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M(A)CPHERSON
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MAPLE(S)
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MAT(T)(E)SON
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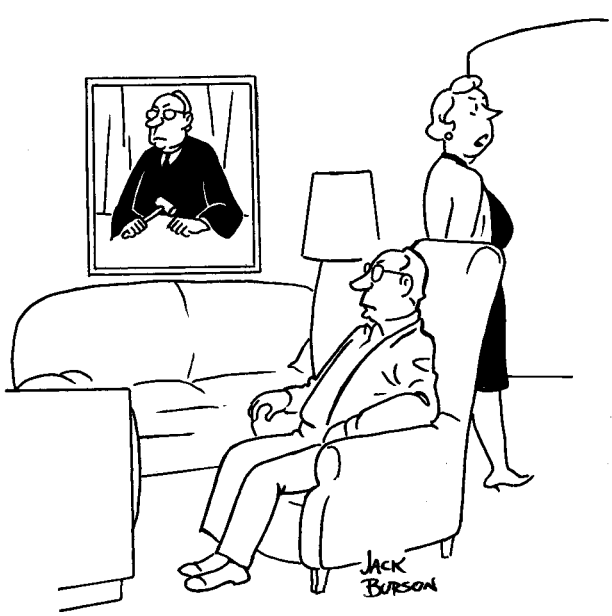
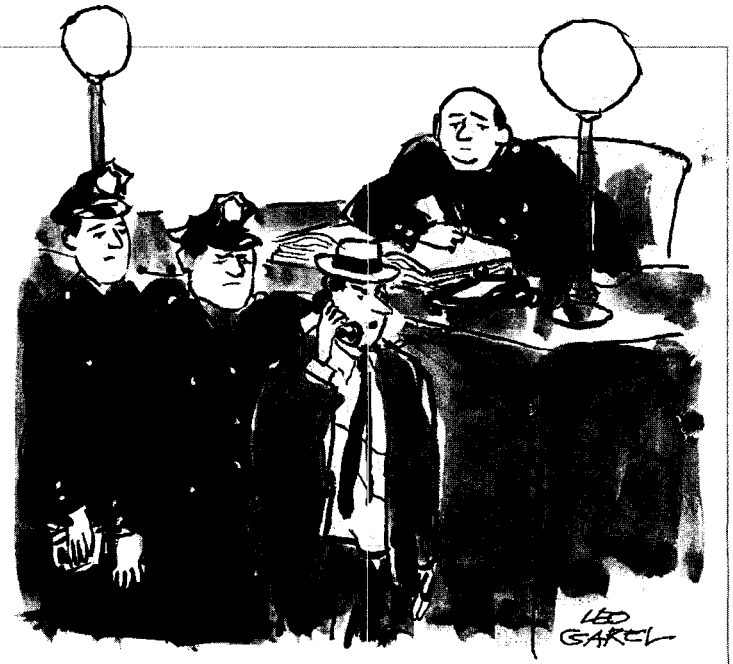
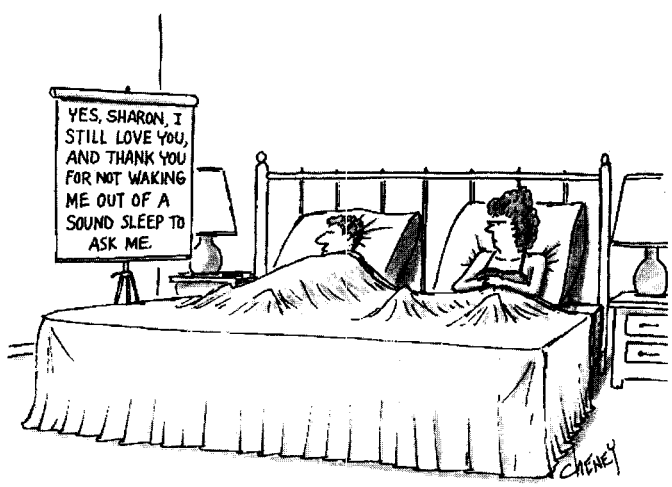
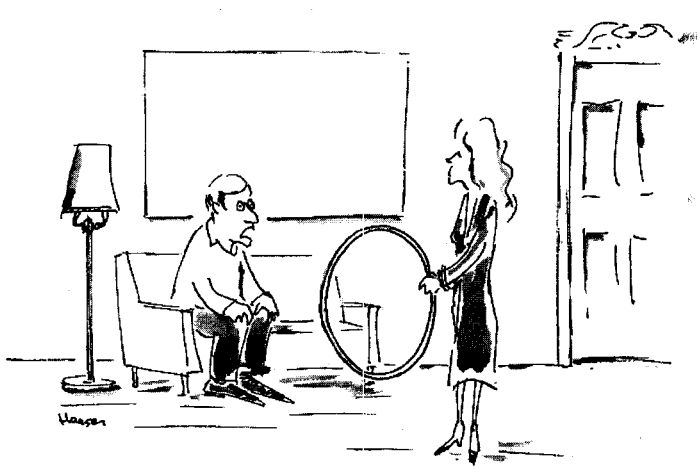


"When I want your opinion, I'll ask for it."



"You and your suspicious nature. Emily! I am not in a bar"





"I said I love you, Alice. Why do I always have to prove it?"

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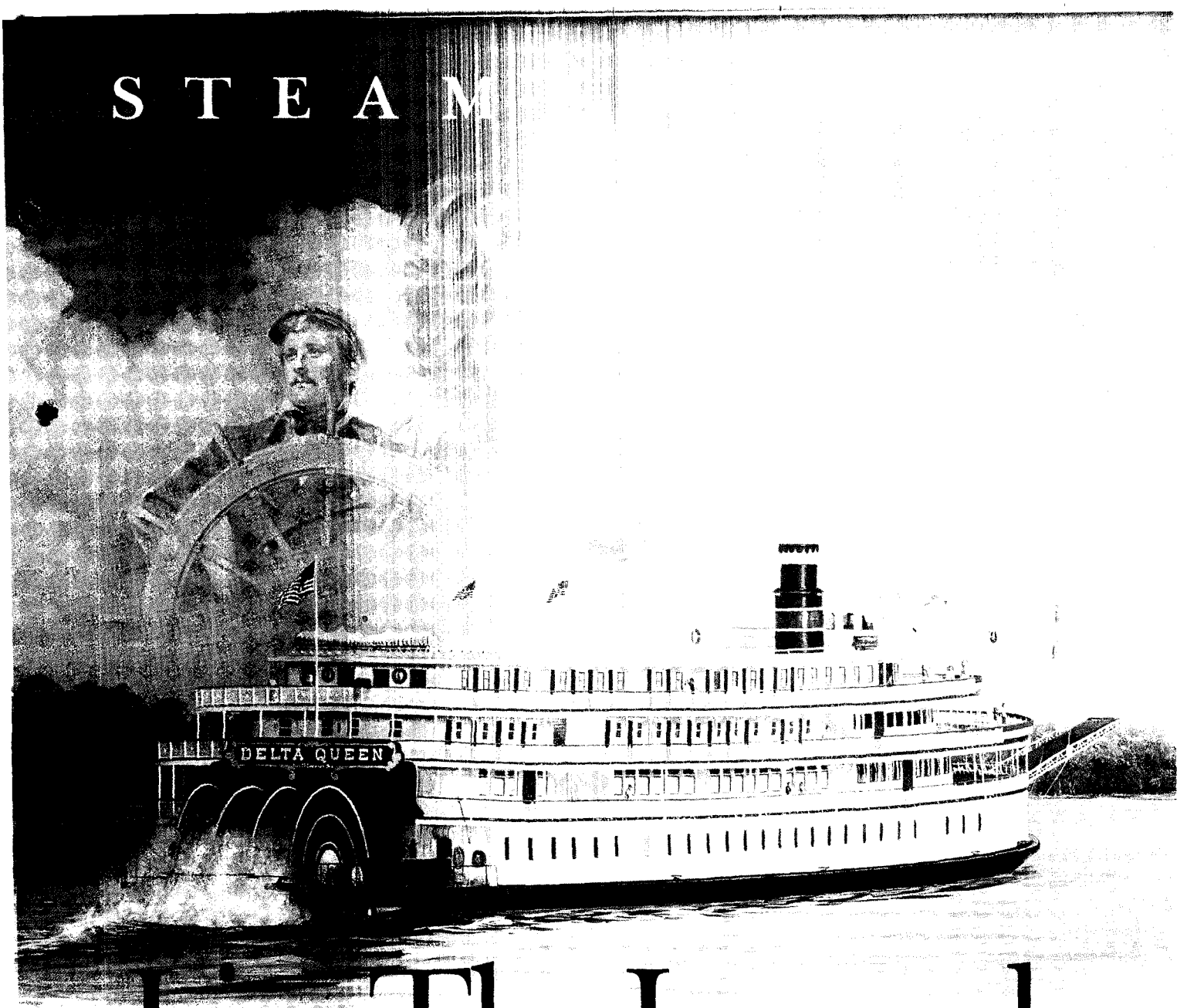

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SAM SPADE'S SAN FRANCISCO

Slip into something more comfortable—trenchcoat, fedora, walking shoes—as you shadow the sleuth in search of old haunts.

by Don Freeman

As the late-afternoon fog settles over San Francisco with its usual stealthy grace, a man wearing a trenchcoat and a rakish fedora stands in front of a plaque under a street sign. "Burritt" the sign proclaims. And beneath it a bronze plaque reads as follows: "On approximately this spot, Miles Archer, partner of Sam Spade, was done in by Brigid O'Shaughnessy."

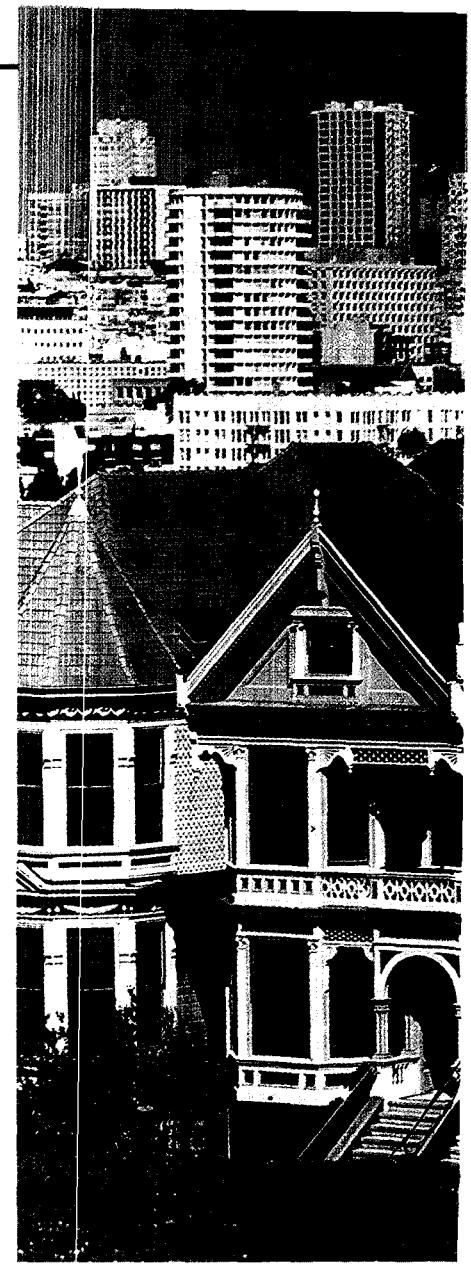
And at once a delicious shiver of recognition runs unbridled through the group of men and women—14 in all—that a San Francisco author, historian, and tour guide named Don Herron (he is the man in raincoat and fedora) is leading on one of San Francisco's ambulatory delights. It's called the Dashiell Hammett Tour and this moment, when those evocative words are first seen plainly, is a time inevitably cherished by all the Hammett buffs. By extension that includes the fans of Sam Spade, Hammett's sterling fictional detective, and that intricately woven big-city adventure of his, first a highly acclaimed novel and then a movie that so frequently graces the television screen: *The Maltese Falcon.*

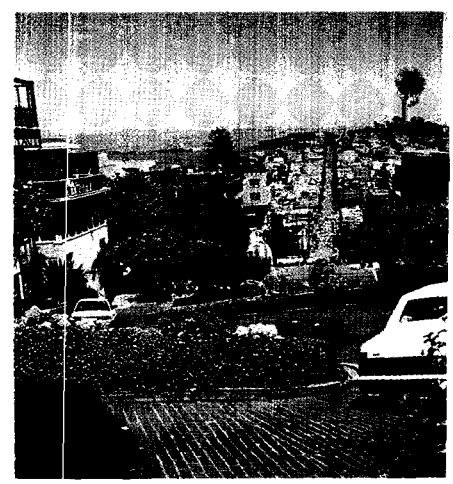
Those named on the plaque are, of course, characters in *The Maltese Falcon*—Miles Archer, the first murder victim in the tale, and Sam Spade and Brigid O'Shaughnessy. Don Herron explains—for those few on this tour who can't easily recite from memory the dialogue from *The Maltese Falcon*—how Brigid, the lovely, mysterious, treacherous yet beguiling Brigid, had said to Sam Spade in his office soon after the story's beginning: "Help me. I've no right to ask you to help me blindly, but I do ask you. Be generous, Mr. Spade. You can help me. Help me." And Spade rivets her with his cold eyes and says: "You won't need much of anybody's help. You're good. You're very good."

Typically Hammett, those cynical, trip-hammer lines. Samuel Dashiell Hammett wrote stories that were lean and spare and crackling and hard as flint and as intense as fire. He wrote with his bare knuckles, and he gave us not only *The Maltese Falcon* but also *The Thin Man*, *The Dain Curse*, and a number of others. He created a new school of detective fiction and with it that quintessential private eye, Sam Spade of San Francisco, and the mean alleyways of a life bruised to the bone.

Hammett wrote about what he knew, which was the bleak, shadowy world of the private investigator and the unsavory people he encounters in his line of work. After coming out of the ambulance corps in World War I and failing in a variety of pursuits, Hammett, who had grown up in Baltimore, worked for a time as a Pinkerton detective and learned about violence and human frailty. Settling in San Francisco, where he began to write, he would in time know success and then would look as a famous author should—handsome, well-tailored, as trim as a reed, with a mustache and a dashing manner that fit his times, the '20s and '30s.

The city where Hammett derived his inspiration and gave life to Sam Spade was the San Francisco of old. It is the Baghdad-by-the-Bay memorialized by the ultimate San Franciscan, Herb Caen, the *Chronicle* columnist. Dashiell Hammett was a





Spade's city offers fabulous views like this one from historic Lombard Street.

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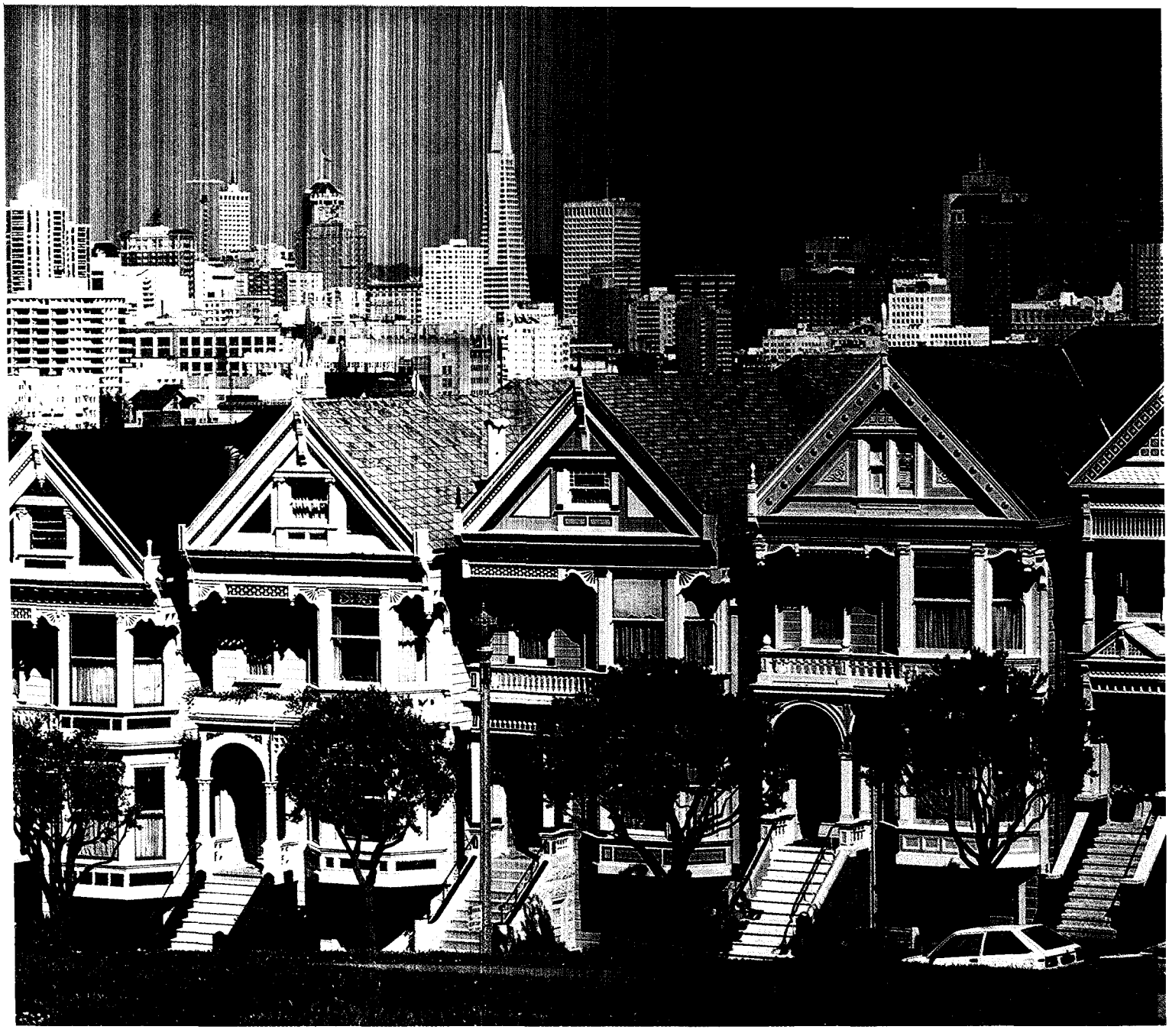

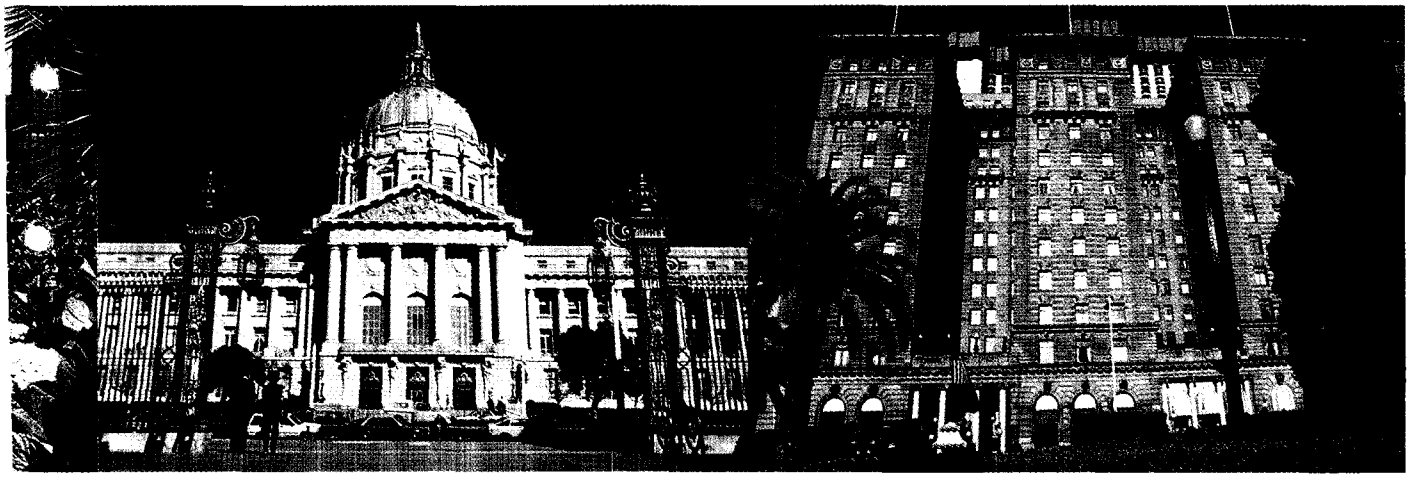

City Hall was the backdrop for Spade's heated battle with the D.A. in The Maltese Falcon.

The St. Francis Hotel figured prominently (under a fictitious name) in Hammett's stories.

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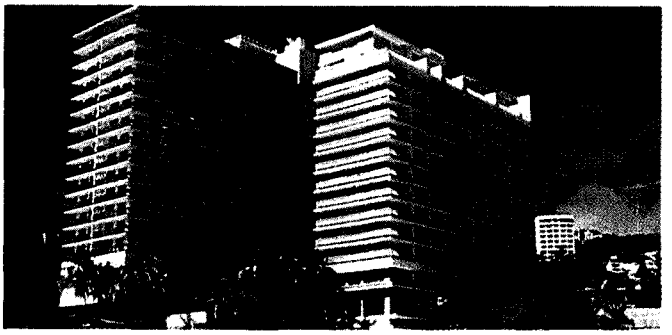

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part of the city's fog.

And now here is that fog and the Burritt Street plaque, put up by the city's Hammett admirers in 1977, and Don Herron leading the Sam Spade buffs. The group includes Hammett literati, Humphrey Bogart fans (Bogie played Spade in film) and those who merely enjoy walking the streets of San Francisco. Herron is telling them in entertaining fashion about the sites that hold significance in Hammett fact and Hammett fiction. This walking tour is an education and high theater, too. It's a flavorful, four-hour entertainment that sticks to the ribs.

For 14 years, Herron, in addition to lecturing and writing books, has conducted literary walking tours that cover sites associated not only with Dashiell Hammett but also Robert Louis Stevenson, Mark Twain, Ambrose Bierce, and the Beat Generation writers of the '50s. But Dashiell Hammett is perhaps closest to his heart.

The tour begins at noon on a summer Saturday at the San Francisco Public Library. It is an imposing, gray-stone building three blocks down Larkin Street from the apartment on Eddy Street that Hammett shared with his wife, the former Josephine Dolan. They had been married July 6, 1921, in St. Mary's Cathedral on Van Ness Avenue. "Hammett came regularly to this library," Herron tells the group. "He was working at Samuels Jewelers downtown in the advertising department. For a while he worked again as a detective for the Pinkerton agency. In the library he would read the magazines and the books and one day after reading several detective yarns he said, 'I can do that.' The truth is, he could. And he did. He wrote for *The Black Mask*, a pulp detective magazine, and then as his skills increased he began to write novels. It was in this library that Dashiell Hammett saw his future."

As the walk continues, reality and fiction blend. Near the library stands the City Hall where in *The Maltese Falcon* Sam Spade is called into the district attorney's office for questioning. Here is where Spade enjoys telling off the district attorney, talking swiftly, pausing only for one sarcastic aside to the stenographer: "Getting this all right, son? Or am I going too fast for you?" Over there on McAllister Street is where the shootout occurred in another hard-boiled Hammett tale, *The Whosis Kid*. On Post Street at the Charing Cross Apartments is where Hammett had the notion of a new detective he elected to name Sam Spade. Obviously he borrowed the first name as a shortened version of his own, Samuel. As for Spade, presumably it's taken from the tedious spade-work that a private detective must engage in. Whatever its derivation, the name has ecloped through the years: Sam Spade, a hard-bitten name that speaks of late nights and muted trumpets and beautiful women.

About his conception of this particular gumshoe, Hammett would write: "Spade had no original. He is a dream man in the sense that he is what most of the private detectives I worked with would like to have been and what quite a few of them in their cockier moments thought they approached. . . ."

Now the group is walking—and Herron sets a fast pace—up and down the hilly streets, from the tip of the Tenderloin to Nob Hill. The tour ventures through streets with names such as Hyde and Leavenworth and Post and California and Monroe and Powell and Sutter, names with a distinct San Francisco tang, and all of them serve as wellsprings of the illuminating Hammett stories that tumble out of Herron's crisp narrative. The building at 130 Sutter, for instance, is where the office of Samuel Spade and Miles Archer was located. At Spade's apartment on Post Street, he says through clenched teeth to Brigid O'Shaughnessy: "I won't play the sap for you"—which is pure Sam Spade and pure Bogart.

The group learns that in the first paragraph of *The Maltese Falcon* Hammett describes his Sam Spade who bears little resemblance to the small-featured, narrow-shouldered dark-haired Humphrey Bogart. "He looked rather pleasantly like a blond satan," Hammett wrote about Spade. From Herron the intriguing detail flow concerning the real-life derivation of Hammett's evil characters, including Wilmer, the rotten gunsel who threatens to "fog" Spade if he doesn't "lay off." And there are the San Francisco hotels whose names punctuat

continued on page 8

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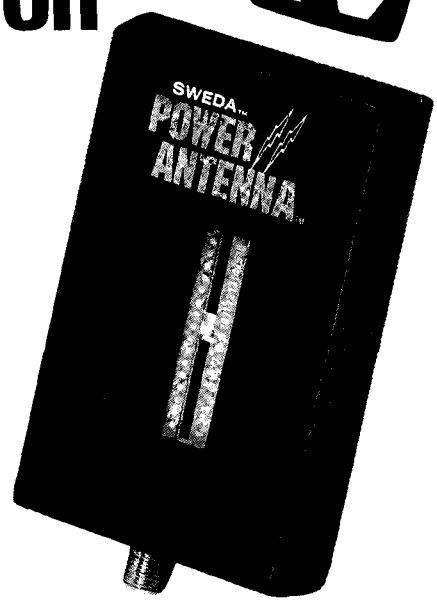

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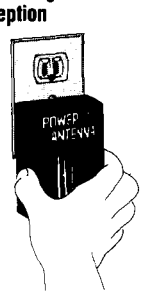

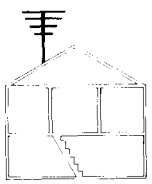

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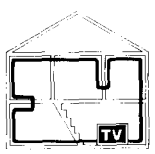

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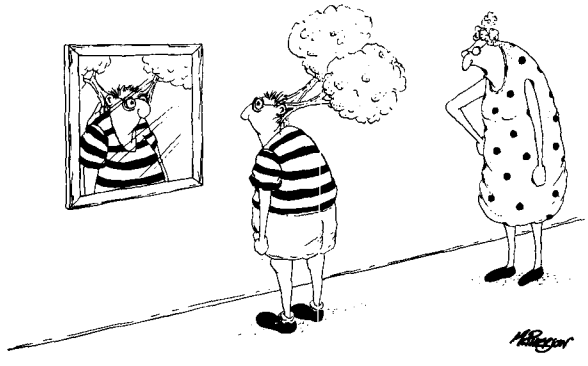
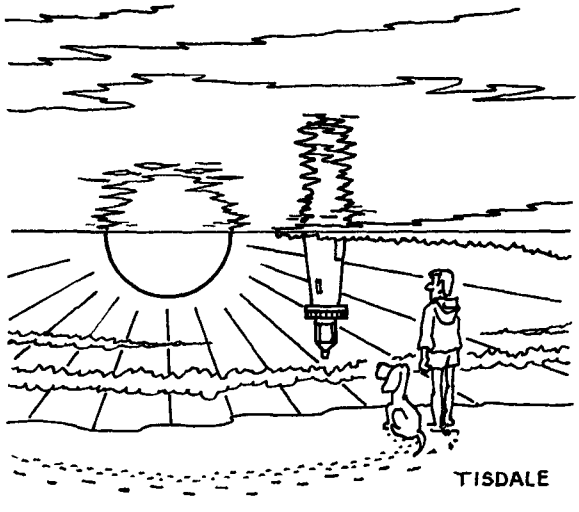
"Oh, my gosh! Why didn't you tell me my eye shadow was gone?"



"That's what you get for not washing behind your ears."



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San Francisco

continued from page 80

Herron's recitation: the Clift and the St. Francis and the Sir Francis Drake; all of them figured in the life of Dashiell Hammett or in the fictional lives of the characters that emerged from his fertile imagination. Although the hotels have different names in the Hammett stories their origins are no mystery to fathom. Walking through the rear entrance of the James Flood Building on Ellis Street to the doors on Market Street, one treads the very same marble that Hammett walked on his way to work at Samuels Jewelers—and it is in that building that Hammett set the locale for his fictional Continental Detective Agency.

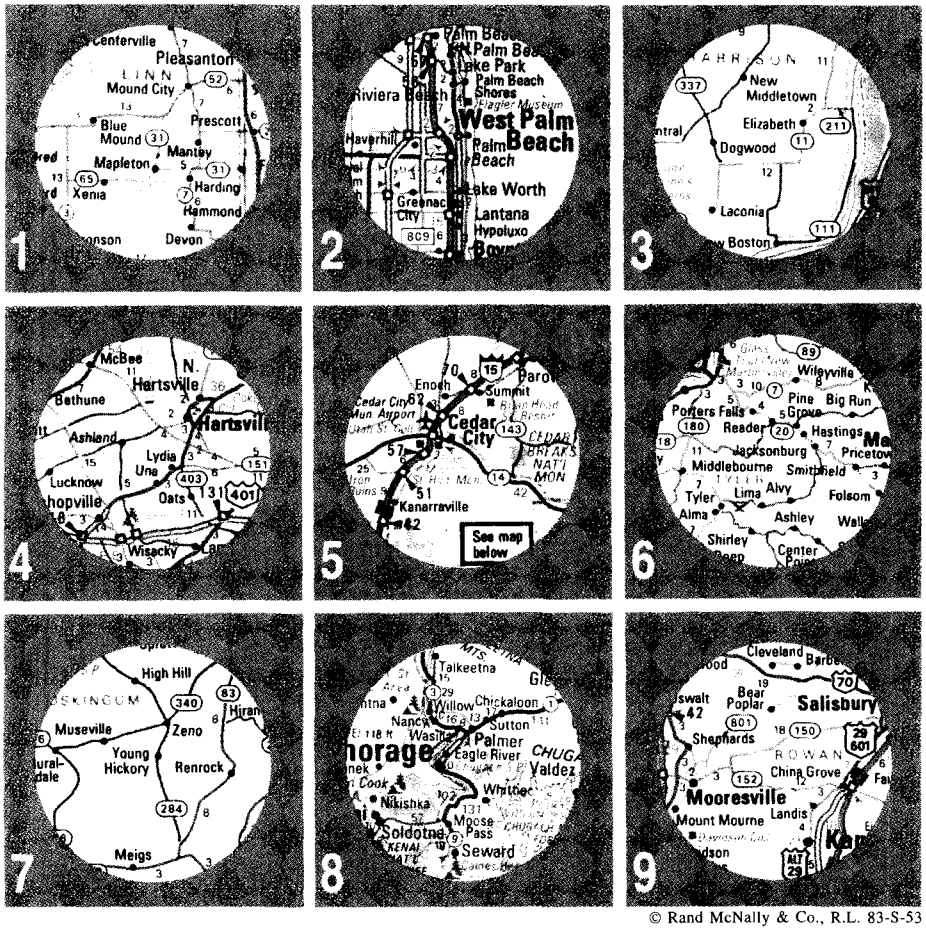
And now, after the group has absorbed so much fact and lore, contentedly swamped by literate oddments, the tour has gone full-circle and ends downtown at John's Grill, a wonderfully old-San Francisco chop house. There, at John's, Hammett dined and did some of his writing. In contrast to the hotels cited in *The Maltese Falcon*, John's Grill is known in the book's pages by its rightful name. After the lengthy walk through San Francisco's past, the group finds pleasure in John's Grill where the San Francisco sourdough bread seems particularly crunchy, the calamari tantalizing to the taste buds, the wine a perfect complement. And one wonders: perhaps at this very table Dashiell Hammett once wrote about Sam Spade and Brigid and Nick and Nora Charles. On the cover of the menu, which may be purchased, is an art deco painting of Dashiell Hammett, a sporty figure in his snap-brim fedora, standing in front of the restaurant's door. A special drink for the Hammett fans to relish is called the Bloody Brigid. One may order a "Sam Spade's Chops" dinner—a rack of lamb, baked potato, and sliced tomato. In *The Maltese Falcon* the detective orders "chops, baked potato, and sliced tomatoes."

John's Grill is also called "The House of the Maltese Falcon," since it abounds in genuine Hammett memorabilia. Upstairs is the Dashiell Hammett Room where the walls are decorated with pictures of Hammett and photos from the films made from his novels. Below the still pictures from "The Maltese Falcon" are dialogue captions—so many of them, the pictures and the well-remembered spoken lines, that at once the perennial movie springs again to rich, abundant life.

Dashiell Hammett enjoyed his fame, particularly when the big money was rolling in from Hollywood. In World War II, too old for the draft, he enlisted in the Army and edited a GI newspaper in the Aleutians. Later, he taught mystery writing at the Jefferson School of Social Science in New York. His health, never robust, began to fail; he died of cancer in a New York hospital in 1961. He was 66. He had stopped writing at 39. His eulogy was delivered by the woman with whom he had shared his life for years—playwright Lillian Hellman who called him "a man of simple honor and great bravery." He was buried at Arlington National Cemetery.

His fellow detective story writer Raymond Chandler once said that Hammett should be credited with "taking murder out of the parlor and throwing it into the alley where it belongs."

Into the alley and into the streets of a San Francisco that no longer exists. But some of it does, on the Dashiell Hammett Tour, and it is there to see. It is there to savor. ✱



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 102)

The Joy of Walking

continued from page 68

importing the woods to themselves, since they did not go to the woods. "They planted groves and walks of Platanes," where they took *subdiales*

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ambulationes in porticos open to the air. Of course it is of no use to direct our steps to the woods, if they do not carry us thither. I am alarmed when it happens that I have walked a mile into the woods bodily, without getting there in spirit. In my afternoon walk I would fain forget all my morning occupations and my obligations to society. But it sometimes happens that I cannot easily shake off the village. The thought of some work will run in my head, and I am not where my body is—I am out of my senses. In my walks I would fain return to my senses. What business have I in the woods, if I am thinking of something out of the woods? I suspect myself, and cannot help a shudder, when I find myself so implicated even in what are called good works—for this may sometimes happen.

My vicinity affords many good walks; and though for so many years I have walked almost every day, and sometimes for several days together, I have not yet exhausted them. An absolutely new prospect is a great happiness, and I can still get this any afternoon. Two or three hours' walking will carry me to as strange a country as I expect ever to see. A single farm-house which I had not seen before is sometimes as good as the dominions of the King of Dahomey. There is in fact a sort of harmony discoverable between the capabilities of the landscape within a circle of ten miles' radius, or the limits of an afternoon walk, and the threescore years and ten of human life. It will never become quite familiar to you.

We had a remarkable sunset one day last November. I was walking in a meadow, the source of a small brook, when the sun at last, just before setting, after a cold gray day, reached a clear stratum in the horizon, and the softest, brightest morning sunlight fell on the dry grass and on the stems of the trees in the opposite horizon, and on the leaves of the shrub-oaks on the hillside, while our shadows stretched long over the meadow eastward, as if we were the only motes in its beams. It was such a light as we could not have imagined a moment before, and the air also was so warm and serene that nothing was wanting to make a paradise of that meadow. When we reflected that this was not a solitary phenomenon, never to happen again, but that it would happen forever and ever an infinite number of evenings, and cheer and reassure the latest child that walked there, it was more glorious still.

So we saunter toward the Holy Land, till one day the sun shall shine more brightly than ever he has done, shall perchance shine into our minds and hearts, and light up our whole lives with a great awakening light, as warm and serene and golden as on a bank-side in autumn.

Help! I'm Being Audited

continued from page 18

federal government, the system includes certain deductions to which you may be entitled. If you have listed on your tax return only those deductions allowed by government, you should have no fear of appearing at the audit. The law is on your side.

2. Organize your material. Canceled checks, invoices, and receipts have been used as proof that certain expenses should be considered legitimate deductions. A valid receipt, of course, is your best evidence to support a claimed deduction. The IRS does not have to accept checks as the only proof that you spent money on tax deductible items. "After all," as one auditor puts it, "a check only shows that money was spent. It does not prove for what it was spent."

3. Choose your tax preparer wisely. Income tax returns are not as simple as they once were. If you use only the so-called "short form," you can probably get by without the help of a tax professional. However, if you're like most Americans who choose to take advantage of legitimate deductions, hire a qualified tax expert to prepare your return.

Who can best help you? You have several options. Most of us hire a certified public accountant (CPA) to calculate our returns. In some cases, however, a CPA is only a tax prepar*er*, not a tax *advisor*. There's a big difference.

A tax preparer is skilled at preparing forms. A tax advisor, on the other hand, knows the tax laws (which are constantly changing) and can advise you on deductions to which you are entitled—some of which you may never have considered.

A growing number of taxpayers seek the counsel of an "enrolled agent." An enrolled agent is one who has completed many hours of schooling in the tax code and has passed a two-day exam given by the IRS or someone who has been certified by the IRS after serving at least five years as an auditor.

4. Take a tax advisor to the audit. Never go to your audit alone. Abraham Lincoln wrote: "Anyone who has himself as a law

You Be the Judge

by Florence K. Palmer

When the cleaner returned Hannah's winter suits, she took one look and shrieked. All, she claimed, were woefully shrunken. The cleaner denied her claim, and so she sued.

"Every bit of my clothing was shrunken far too small to fit me ever again," Hannah complained. "Only a circus freak could get into it. Obviously it wasn't that small when I sent it to the cleaner, or," she contended, "I couldn't have worn it in the first place."

"They went back to her in the same size and shape that we received them," the cleaner countered. "It's not our fault if the lady doesn't remember what size she wears."

If you were the judge, would you make the cleaner pay?

The cleaner had to pay. The court said the difference in size between Hannah and the clothing was so great that she obviously couldn't wear it. Since she would not incur a bill for clothing already too small to fit her, the court concluded, the cleaner was to blame.

Based upon a 1957 Oklahoma decision.

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yer has a fool for a client." The same holds true during your audit. Only you don't need a lawyer, of course. The person who prepared your taxes is the one to bring along. That CPA or enrolled agent can best answer questions posed by the auditor as to why a certain item was deducted and why certain figures were used to calculate the deductions.

Some tax preparers insist that you stay at home and let them present your case alone. Owen Oatley, an enrolled agent and former IRS auditor now living in Daytona Beach says, "Too often a taxpayer complicates matters by voluteering unnecessary information or by showing hostility toward the auditor."

5. Treat your auditor with dignity. Your auditor is a human being, not a computer. Respect the auditor as someone who has to do a job that is not met with applause. Contrary to the tales of woe you may hear, most auditors accept reasonable explanations as to why you claimed your deductions. However, you can be certain that any auditor will recoil at someone who obviously violates the rules or who scoffs at the system.

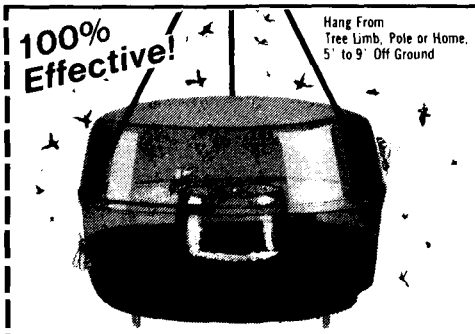
6. Know your avenues of appeal. If, in spite of your logical arguments, the auditor holds a different opinion and orders you to pay more taxes, don't raise your arms in surrender. You may appeal.

You may request a meeting with the auditor's supervisor. He or she will review your case with you and/or your tax preparer. If you're still not satisfied, you may visit your local IRS appeals office. Most taxpayers are able to resolve their differences with the IRS at this level.

If, after this meeting, you're still unable to reach an agreement with the IRS, you can argue your case in tax court.

Here's a fact few people know: The IRS does not want to take you to tax court as long as you have a reasonable explanation for the deductions you have taken. If a judge rules in your favor, the verdict may establish a standard that will make it more difficult for the IRS to challenge taxpayers in the future.

7. Be confident. Don't be afraid of your auditor. The IRS is not going to beat you into submission, although there are times when an agent will try to intimidate you. You'll have plenty of opportunity during the audit to sup-



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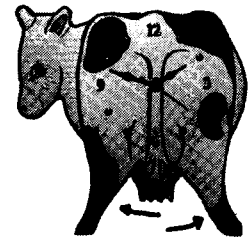

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port the claims you've listed on your return.

Also, never apologize for the deductions you took. "Last year many Americans actually *overpaid* their taxes," Oatley says. "They were either unaware of the deductions which the federal goverment allows, or they were too afraid to take the deductions for fear they would be audited."

The truth is the government not only *allows* you to take certain deductions, but also *encourages* you to do so. During this unstable economy, for example, if you're willing to run a small business from your home, the federal goverment will actually assist you in funding your business. The government entitles you to deduct a portion of your automobile expenses . . . of your office supplies . . . of your travel . . . even of your home.

A free publication entitled *Tax Guide for Small Business* (publication #334) lists allowable deductions for small businesses. This booklet is available from any IRS office. If you take legitimate deductions listed in this publication, you should have no fear of an audit.

8. Tell the truth. Too many of us get into trouble when we "fudge" a bit on our tax returns or in our answers to questions that are posed by the auditor.

Beware the temptation to give false information to auditors. Remember, they have been trained to detect false receipts and most are experienced enough to recognize false answers. "IRS agents are sympathetic to logical reasons for deduction," says tax attorney Robert Anderson. "But I don't know of any agent who tolerates lying."

So, let the mailman deliver whatever he wants. A letter notifying you that you're going to be audited may not be the most pleasant thing to receive; nonetheless, if you've been honest with your tax return, you have nothing to fear.

Snake in the Kitchen!

continued from page 53

departing for the patio. From this vantage point I saw the snake, now heading for the line fence, cut off by Brutus, my foolhardy dog. With Brutus sparring with the snake's head, Lump, my wife's cat, seized the opportunity to sink her claws in its tail. The snake promptly rolled itself into a ball, no head or tail showing. My dear wife, to show me up, as promptly dashed out with the broom and rolled the snake over to its original objective, the line fence.

I spent the rest of the day on the patio with my wrist in a solution of Epsom salts and my eye on the fence. And again, that was that . . . until the following day.

When I am home, Brutus and I share the chore of walking down our hill to the mailbox, he carrying up the junk mail. Never before had he so much as dropped a single sweepstakes envelope or a letter asking for money. Today, however, on our way back, eureka! (accent on the eek). There lay the snake sunning itself on the grassy slope. By the time Brutus had investigated and discovered that the snake was sound asleep, I had twisted my ankle and backed into a freshly pruned forsythia.

Brutus, the crazy mutt, actually went up and touched noses with the snake, which woke it up and set it in motion, it going one way, me the other, bum ankle and all. We haven't seen the snake since . . . to date, that is.

That same weekend, however, we were at Clifty Falls State Park and by coincidence, after hobbling up to the Nature Center, I saw our snake's identical twin. It was in a cage labeled, "Black Rat Snake." And above the cage hung the sign: "HARMLESS."

That shows how little they know about snakes.

Redbeard

continued from page 36

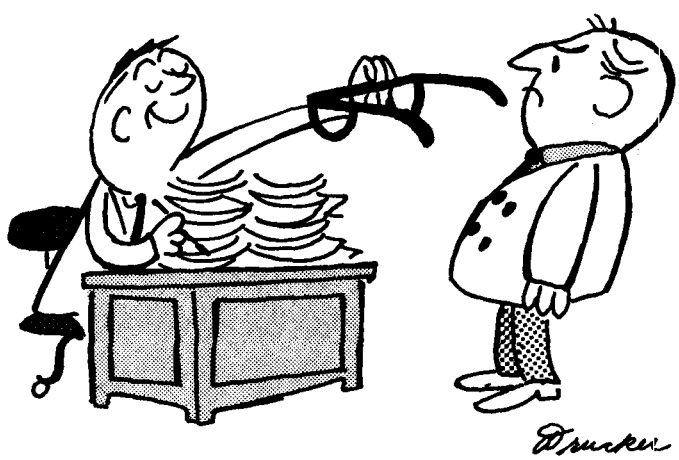
blind alley. On our right was a high stucco wall that bounded one of the concessions and on our left was a high board fence with barbed wire on top. The V was bare except for a fountain with goldfish swimming in the bowl. We were alone. Red said, "I thought there was an out this way. A patrol back there spotted me and they're coming fast. Well, at that, I'll make 'em pull a swabbo."

Q.: A swabbo?

A.: That means missing the target. Red said, "You see that drain opening down there? Run for it, Peaches. When you get there, throw yourself on your knees and yell down the opening, 'Red, come back! Red, come back!' " I started; just before the shore-patrol boys turned the corner, Red dunked himself in with the goldfish.

Q.: A strategy worthy of Paul Jones.

A.: While I was calling down the drain opening, one of the shore-patrol boys touched me on the arm and said, "Don't wait, sister; Red's got another engagement." Then they both leaned over and yelled down the drain "Come out, sailor!" When one of them started down into the drain I put my handkerchief to my face



The Perfect Squelch

The young business executive, assigned to special work which required a high degree of concentration, moved to a small and secluded rear office to carry out his task. To avoid unnecessary interruptions, he hung a small sign on the door, PLEASE KNOCK BEFORE ENTERING.

The office bore, a vice-president who was continually in search of something to do or someone to badger, barged through the door one day without knocking.

"What goes on back here?" he demanded. "Why do you have that silly sign on your door?"

"That sign is a reading test," the young executive replied evenly. "And you would be surprised at the people who fail it."

—Mildred M. Flammer

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so they wouldn't see I was laughing, and started back.

Q.: And had Red made friends with the goldfish?

A.: Red wasn't in the fountain anymore. He must have slipped out the minute the patrol passed. His tracks showed where he'd dashed across to the stucco wall and scrambled over it. I felt so relieved.

Q.: Naturally.

A.: I knew he'd find some way of drying his clothes, and we'd already arranged where we were going to meet in case we were separated. So I thought I'd walk around and buy a ticket to the concession on the other side of the stucco wall. I didn't care what it was; I just thought I might be able to signal to Red. Mr. Emery, what do you suppose?

Q.: Don't keep me waiting; I have a bad heart.

A.: Mr. Emery, that concession was the nudist colony.

(continued next issue)

Carb Up With Rice

continued from page 25

2 cups cooked rice, no salt added
1 teaspoon onion powder
1 teaspoon ground thyme
½ teaspoon garlic powder
½ teaspoon ground black pepper
¼ cup egg substitute
15-ounce can low-salt tomato sauce, divided
2 tablespoons low-sodium beef bouillon granules

Place pepper halves in shallow 3-quart microwave baking dish. Cover and cook on HIGH 4 minutes. Combine meat, rice, seasonings, egg substitute, and ½ cup low-salt tomato sauce in large mixing bowl. Mound beef mixture in pepper halves. Cover and cook on HIGH 10 minutes, rotating once. Combine remaining tomato sauce and bouillon granules. Pour over stuffed peppers. Cook uncovered on HIGH 5 minutes. Let stand 5 minutes.

Per Serving (1 pepper):

Calories: 264	Sodium: 110 mg
Protein: 15.7 gm	Cholesterol: 67 mg
Fat: 11.3 gm	Carbohydrate: 23.9 gm

♥ ♥ ♥

Brown Rice Royal
(Makes 6 servings)

2 cups (about 8 ounces) sliced fresh mushrooms
½ cup thinly sliced green onions

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½ teaspoon onion powder
1 tablespoon vegetable oil
3 cups cooked brown rice (cooked in low-sodium beef broth)

Cook mushrooms and onions in oil in large skillet over medium-high heat until tender. Add rice. Stir until thoroughly heated.

To microwave: Combine mushrooms, onions, and oil in 2-quart microwave baking dish. Cook on HIGH 2-3 minutes. Add rice; continue to cook on HIGH 3-4 minutes, stirring after 2 minutes, or until thoroughly heated.

Per Serving (¾ cup):

Calories: 142	Sodium: 15 mg
Protein: 2.7 gm	Cholesterol: 0 mg
Fat: 2.4 gm	Carbohydrate: 24.9 gm

Tips for Peonies

continued from page 64

Quality, though highly important, is not quite everything with peonies, because a good variety planted too deep or too shallow will seldom bloom right. An examination of the peony root in the fall will show little eyes or buds all ready for next year's shoots. The root must be planted with the eyes about two and a half inches below the surface. Too, you must be sure that the root does not settle after planting.

Always keep the soil around the plants level rather than hilled up as seen in so many plantings. It is worthwhile to prepare the ground thoroughly, a foot to 18 inches deep and two feet in diameter. This may seem like a large hole for a comparatively small piece of root but when you consider the years the plant may stay in the one spot it is not unreasonable.

Plant peonies in the fall from September until the ground freezes. Only in cases where roots have been dug in the fall and carried over in cold storage is it safe to plant in the spring.

Never disturb or dig up a root in the spring, as growth starts very early and any disturbance may check it, possibly causing the plant to sulk for several years, if it ever fully recovers.

Fertilizer for peonies has been a much debated question. Bone meal is a safe thing to use in the soil immediately around the plant. At planting time a liberal handful may be mixed with the soil around the root. Well-rotted manure, about a quarter bushel to a plant, thoroughly mixed with the soil ten inches below the surface, will give them needed food as the roots grow to it. Never use fresh manure and never let manure contact the roots.

Best Roots to Plant

Another precaution: Never plant a peony in soil in which a peony has previously been growing. And do not dig up and replant an established clump without dividing it. Except in the South, it is not advisable to plant one-, two-, or three-year-old clumps or large plants. Roots known as "standard three- to five-eye divisions" are by far the most satisfactory to plant.

Just where to plant peonies often puzzles the novice. An ideal location is along a driveway or in a border at the outskirts of the lawn area. Avoid beds in the open lawn and do not plant in holes cut in the sod. They make the best display in masses or groups of three, five, or a dozen plants against a background of shrubs. Peonies have good foliage throughout the entire season and are attractive in mass planting for the foliage effect as well as for their flowering qualities.

Some Good Varieties

It has been said that the peony season is short, but if you will select your varieties from the early, mid-season, and late kinds you may enjoy their blooms for three to five weeks.

Expert advice is needed in making your peony selections. The dealer from whom you purchase will be able to help.

For more information about peo

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Send entries to: Photo Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by April 21, 1992.

The winner of the March/April 1992 contest will be announced in the July/August 1992 issue.

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nies, join the American Peony Society, 250 Interlachen Rd., Hopkins, MN 55343.

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Bran-New Ideas

continued from page 16

low speed of mixer until moistened. Add cheese, beat 3 minutes. Stir in ½ to 1 cup flour with spoon until stiff dough forms. Knead on lightly floured surface 8-10 minutes. Roll into 14" x 6" rectangle. Start at one end and roll up dough tightly. Pinch ends and seam to seal. Place in prepared pan. Cover and let rise until doubled, about 1 hour. Heat oven to 375°. Bake 30-40 minutes or until golden brown. Cool 1 hour before serving. Use as main dish accompaniment or as unique bread for sandwiches.

Per Serving (1 slice):
Calories: 153 Sodium: 124 mg
Protein: 6.0 gm Cholesterol: 6.8 mg
Fat: 3.9 gm Carbohydrate: 24.1 gm
Fiber: 3.5 gm

♥ ♥ ♥

Tofu Cheesecake

(Makes 8 servings)

1½ cups 100% bran-type cereal or All Bran
¼ cup flour
2 tablespoons margarine, melted
1¾ cups pineapple juice
2 tablespoons gelatin
1 pound soft tofu
5½ tablespoons honey
5 tablespoons freshly squeezed lemon juice

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1 tablespoon grated lemon peel
1 teaspoon candied ginger, minced

Optional oatmeal crust:
2 cups oatmeal
⅔ cup pineapple juice
2 tablespoons margarine, melted
¼ cup flour

Preheat oven to 350°. Lightly grease 9-inch pie plate with margarine.

In food processor, or by hand, crumble bran (or optional oatmeal), add the margarine, flour, and ½ cup pineapple juice and work to fine crumb. (If the mixture is too dry add little more juice.) Press mixture onto bottom of pie plate until surface is smooth and even. Bake for 10 minutes. Cool.

Heat remaining pineapple juice to near boil. Stir in gelatin gradually and simmer until dissolved, about 5 minutes. Cool for at least 5 minutes.

In blender or food processor, combine all other ingredients with pineapple juice mixture and blend for minute. Pour into baked crust. Refrigerate 3-4 hours.

Per Serving (1 slice):
Calories: 197 Sodium: 182 mg
Protein: 8.9 gm Cholesterol: 0 gm
Fat: 4.9 gm Carbohydrate: 28 gm
Fiber: 5.6 gm Fiber (oatmeal): 3.1 gm

♥ ♥ ♥

Applesauce Bran Bread
(Makes 10 slices per loaf)

1 cup applesauce, unsweetened or homemade using 2-3 large apples
1 cup 100% bran-type cereal or All Bran
1 cup flour
½ teaspoon baking soda
½ teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon allspice
⅓ cup egg substitute or 2 egg whites

Combine applesauce and bran-type cereal and set aside 20-30 minutes until bran is softened. Sift together flour, baking soda, baking powder, cinnamon, and allspice. Mix egg substitute or egg whites with spoon into sifted mixture. Fold in applesauce and bran mixture until blended. Spray loaf pan with non-fat cooking spray. Pour batter into pan. Bake at 350° 45-50 minutes or until done.

Per Serving (1 slice):
Calories: 123 Sodium: 125 mg
Protein: 2.7 gm Cholesterol: 0 mg
Fat: 4.8 gm Carbohydrate: 17.4 gm
Fiber 3.6 gm

Arnold Relays

continued from page 43

pounding the 200-meter track in a fun relationship that may well become a precedent for future good times in joint exercising adventures.

There will be Time Prediction Races, cleverly contrived to get participants to practice ahead of time. They must announce their predicted time for mastering the mile, choosing to walk, fast walk, or run. The person or family that comes in closest to their predicted time is the Grand-Time winner.

Grandparents and children can walk it together, or parents with children, children alone, or the whole family. Each contender or family is given a number, and a computer keeps track of the time.

Dr. John Cates of the University of California, a long-time member of AAHPERD and a special advisor to the President's Council on Physical Fitness and Sports, will be on hand to officiate at the Family Time Prediction Races on April 11. He was an early developer of Time Prediction Races.

Thanks to Arnold's personal daily fitness regimen, he will still have the stamina to participate in the gala Saturday Evening Ball. After all, his mother, Aurelia, is coming all the way from Graz, Austria, to be his partner. We expect there will also be some relays on the dance floor, as Arnold is a pretty popular fellow.

AAHPERD

continued from page 42

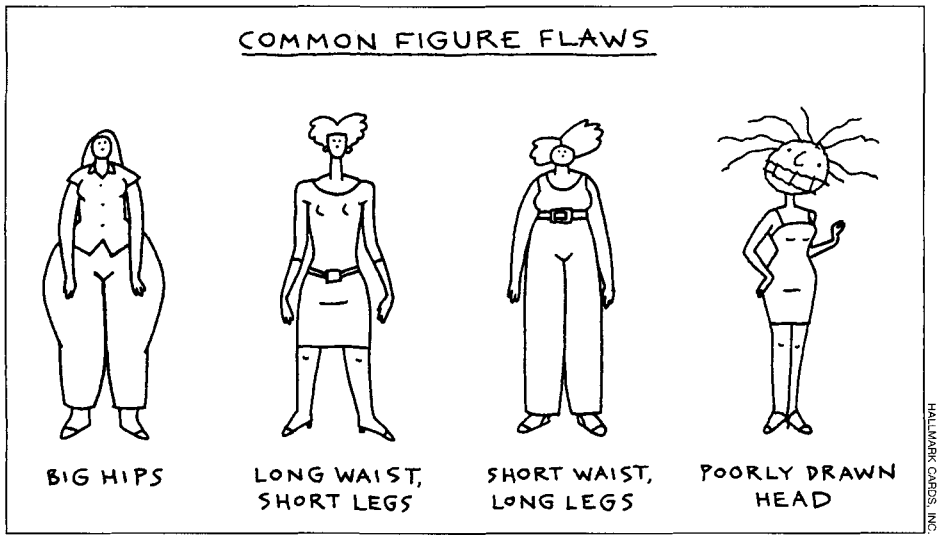
for girls and women, the advancement of health education, leisure and recreation, and dance. For your information, the proper names of these national organizations are: National Association for Sport and Physical Education; National Association for Girls and Women in Sport; Association for the Advancement of Health Education; American Association for Leisure and Recreation; Association for Research, Administration, and Professional Councils and Societies; and the National Dance Association.

With the high endeavor of these associations as stimulus, AAHPERD has developed its Physical Best, a fitness program proclaimed to be more an "educational program" than a fitness test. The focus is fitness as it relates to health: aerobic endurance (the ability to perform physical activity over extended periods of time); body composition (fat and lean); flexibility (ability to move muscles and joints); and muscular strength and endurance (ability of muscles to produce force at high intensities over short intervals of time).

"Our people are primarily in the elementary and secondary schools," says Dr. Harold H. Morris, president of AAHPERD and professor and chairman of the Department of Kinesiology, Indiana University at Bloomington. "We are running the exercise programs, the athletic programs," he says. "In my opinion we have very few peers as organizations that are trying to do the things listed by Healthy People 2000."

We had to ask about Healthy People 2000.

continued on page 102



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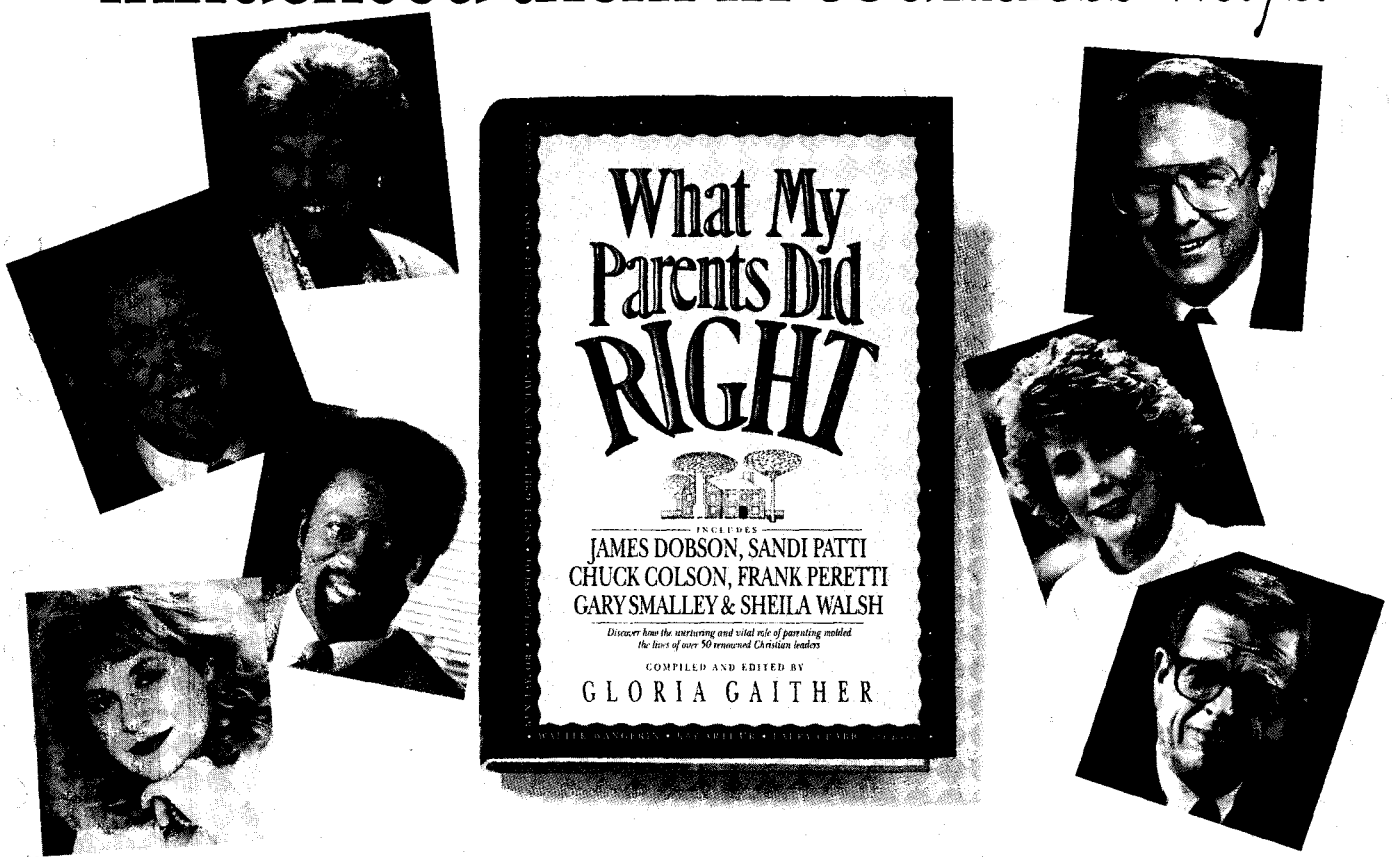
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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy."—*Isaak Walton*

An Open Letter to Magic:

Magic Johnson, we let you down! We failed you. We failed to cause AIDS testing to become a *routine medical procedure so that young people* unfortunate enough to have been infected would know it. Most of them wouldn't knowingly spread it. Most would go for early treatment.

If your insurance company hadn't routinely required this test for its policy holders, you might have spread the virus yourself.

Magic Johnson's courageous announcement has caused thousands of young people to go for HIV testing.

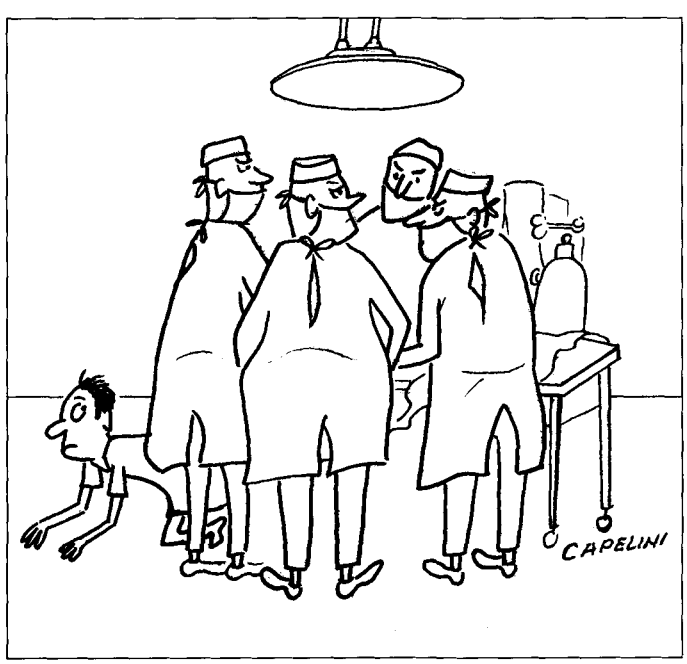
Your going public will, we hope, open the floodgates. It will act as a lifesaver for the thousands who would otherwise infect each other unless they know they are carrying the disease. If, as reported, there is a seven-week wait to be tested for AIDS in New York, then our system is wrong.

Magic Johnson, you have it right. You have caused thousands of young people to insist on being tested regularly. You've done what the first Presidential Commission on the HIV Epidemic tried to do but failed.

Ignoring The Urge

Dear Dr. SerVaas:

Four to five years ago I suffered a prolapsed bladder. I am a just turned 75-year-old lady with two adult sons.



Not knowing what had occurred, through a referral I sought an OB/GYN male doctor who said it was caused by having children, and my only recourse was surgery—but he didn't recommend it. Then I was practically dismissed.

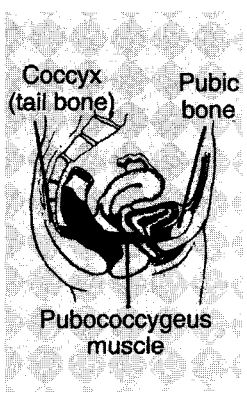
I have been a healthy, active woman all my life and still golf once or twice a week, walking the entire course. I have "lived with" this problem since. It is not painful, but it creates a discomfort, at times severe. Also in the past year I have developed occasional episodes of urinary incontinence. I always wear a pad to protect my clothing. My activity is now of necessity curtailed.

Recently I visited a male urologist who offered no help at all and referred me to a female gynecologist for a "second opinion." She never offered that but proceeded to treat me and do numerous tests which I felt were unrelated to the original problem.

The wasted time spent with these doctors has cost me more than $600, and I am back where I started. These medics either don't know how to treat this condition or are unwilling to do so. My inquiries to friends lead me to the conclusion this is a common problem. Is there any help for this condition?

I would appreciate any suggestions you might have.

Name and state withheld



By exercising the pubococcygeus (pronounced pu-bo-cocks-uh-gee-us) muscle, women can eliminate or minimize incontinence (leaking urine).

It would appear that your specialists didn't feel you were a candidate for surgery—that being the case, there are some other common methods of attacking the problem of incontinence, the Kegal exercises, for example. These exercises strengthen and tone the pelvic muscles and may help to bring relief.

To begin, you should relax your chest and abdomen. Next, while not holding your breath, move your hip

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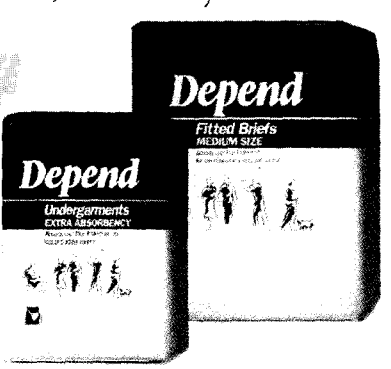

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forward and tighten your thighs. The idea is to pull up your muscles, forcing them to work, which will induce growth and strength.

Pull up as if you were shutting off a bowel movement. Hold for three seconds, then relax. Then pull up inside as if you were shutting off any urine flow, hold for three seconds, and relax. Finally, pull up deep inside your vagina and hold for three seconds, then relax. These exercises should be performed ten times every half hour. They can be done sitting, standing, or lying down. If the regimen is followed faithfully you can often see improvement within four to six weeks, although some women take longer. As soon as improvement is noticed, the control will develop rapidly.

Incontinence is a very common problem. In one nursing home in Sherman Oaks, California, incontinence was enormously decreased when patients were made to go to the bathroom on a regular schedule.

One OB/GYN I know suggested that his patients ignore the urge to void when they felt the urge to urinate too frequently during the day. These patients were often able to sleep throughout the night, but felt like urinating every half hour or more during the day. "Ignore those urges and put yourself on a regular schedule" was his advice that worked for many patients, much to their surprise.

Too Many Bee Stings

Dear Dr. SerVaas:

We took our children to see Macaulay Culkin in the movie *My Girl*. When he died after getting stung by the bees, they wanted to know all about it. Their grandfather keeps beehives, and I believe they'll be afraid to go near the place. Are bee stings only dangerous to people who have allergies?

Mrs. Glenda Hagen
Chattanooga, Tennessee

Each year more than twice as many people die from insect stings than from snake bites. Although most of the deaths from bee sting occur in people who are allergic because of a previous stings others are the result of multiple stings in very large numbers. Bee stings are more likely to be dangerous for people with known allergies to other things. In persons known not to be allergic to bee stings, a sting is dangerous only on the rare occasion when a bee is swallowed or inhaled, and the sting causes the obstruction of the airway.

Thomas J. (Macaulay Culkin) dies from multiple bee stings in the film *My Girl*.

Persons who are unusually sensitive to bee stings, however, may have a very severe reaction known as anaphylaxis, which can be fatal if not treated immediately. Bee sting kits are readily available. They contain epinephrine, another name for adrenaline, which is the body's natural hormonal reaction to stress. When the body is overcome with the stress of toxic materials from the bee sting, a shot of epinephrine can be lifesaving.

Bee sting kits contain a small portion of epinephrine in a syringe and are ready to use. Instructions and diagrams show where to inject. One kit, called Ana-Kit by Miles Laboratories, also contains chewable antihistamine tablets and a small tourniquet with instructions. The kits require a prescription and can last up to two years in the home at room temperature.

The most important thing you can do for your children is to tell them about the early symptoms of anaphylactic shock, which can also occur as an allergic reaction to other substances, such as penicillin, for example. These symptoms may include hives, swelling of the face and neck nausea, abdominal cramps, and difficulty in breathing.

Researching Hemolytic Anemia

Dear Dr. SerVaas:

I enjoy your letters and answers very much in *The Saturday Evening Post*. I would like to know everything you could tell me about hemolytic anemia. I would like to know the cause, symptoms, and cure, if there is one.

Thank you for any information you can give me.

Louise Brookshire
Lecoma, Missouri

The average life of a red blood cell is 120 days, after which the spleen removes and destroys the worn-out cells. About 40,000 to 50,000 cells are destroyed each day, requiring the bone marrow to produce about the same number of new red blood cells a day. As long as this balance is maintained all is well, but if something happens to decrease the production or to increase the destruction, anemia occurs.

Hemolytic anemia is caused by excessive destruction of the red blood cells. The symptoms of hemolytic anemia resemble those of other anemias and depend on the duration and the seriousness of the red blood cell loss. Symptoms include weakness, dizziness, headaches, spo

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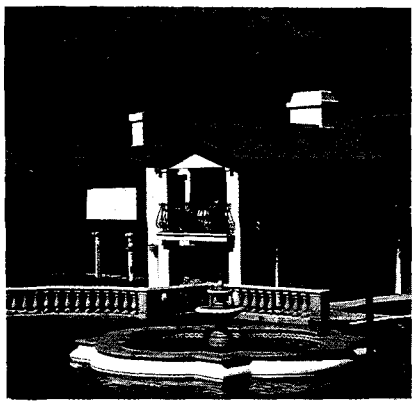

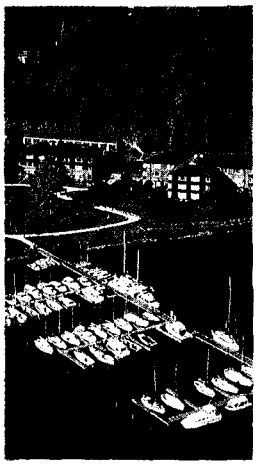

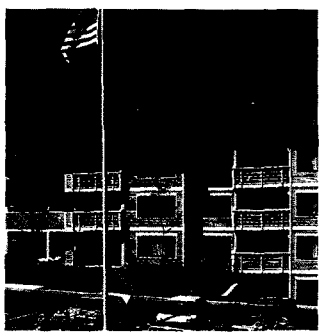

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before the eyes, fatigue, and drowsiness. Excessive destruction of red blood cells may occur when the cells are damaged by disease or when the spleen becomes enlarged by disease.

Diseases that produce damaged or abnormal red blood cells may be congenital or acquired. In congenital hemolytic anemia, the red cells are abnormally produced in the bone marrow. In acquired hemolytic anemia, the cells are damaged after they are produced in the bone marrow. In either case, the spleen filters out and destroys these abnormal cells, but permits the normal cells to pass through.

An enlarged spleen cannot distinguish normal from abnormal cells efficiently and thus destroys many healthy cells. This condition, called hypersplenism, requires treatment of the underlying disease that causes the spleen to enlarge.

Before treating hemolytic anemia, the doctor has first to determine which of the many possible disorders is causing the red-blood-cell deficiency; the cure can then be directed specifically at that.

PSA Testing Advised

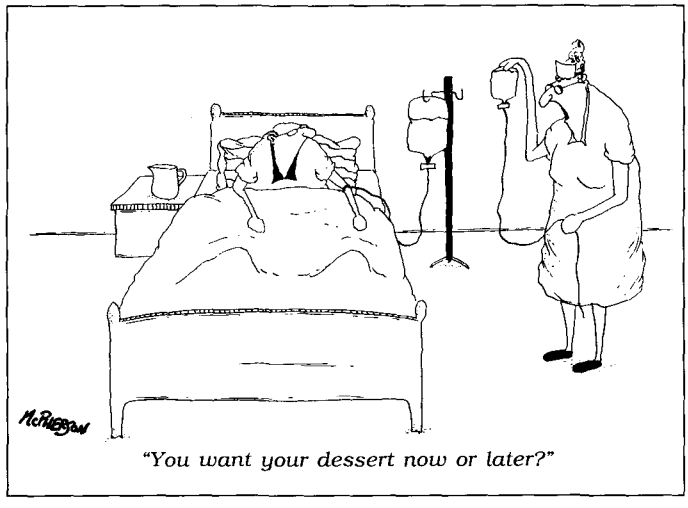
Dear Dr. SerVaas:

I am a relatively healthy male (for 78 years) but consider myself a candidate for prostate cancer, according to statistics. In a recent medical exam (for discussion of my cholesterol count) I showed my doctor the *SEP* article in the Nov./Dec '91 issue titled "David, Why Did You Wait?", suggesting I have a PSA test—just to be sure the results would be the same as the usual digital rectal examination.

I was not prepared for the indignant reaction of my doctor to the *SEP* article. He dashed off to get me a copy of a letter produced by a prestigious group of urologists in Pasadena.

The letter (a copy of which is enclosed) says, in part, that "no screening program for prostate cancer has been validated." And the letter further castigates the dissemination of news of the PSA.

Needless to say, I wasn't able to press for a PSA test and now have to rely on the results of the digital examination. I consider myself lucky to have reached my age without the cancer. I do, however, "enjoy" the necessarily quick response, the multiple nightly visits to the bathroom and the trickle when I get there.



"You want your dessert now or later?"

My question to you, Dr. SerVaas, is: Are these symptoms ("normal for my age" I am told) really "normal" or should they be considered more seriously by my doctor, who is incidentally on the staff of the renowned Huntington Hospital Group.

The fact that the article by Dr. Dittman appeared in such a reputable magazine as *The Saturday Evening Post* lent credence to the reliability of such an article. Now that I've received such a denigrating response from my doctor, I am confused. Should I press further to get a PSA test?

Robert O'Hanlon
Pasadena, California

We lost a friend to prostate cancer. Our friend, we'll call him Dan, went to Tokyo and to the Sloan Memorial Kettering Institute in New York. He left no stone unturned after his cancer had metastasized to a class D. I met his urologist one day and asked him about Dan. Dan was a man who had donated millions to the art museum in his city. Were his priorities wrong in not investing a little more for his own health? Screening exams are expensive for some but in his case the cost wouldn't have been noticed.

"Too bad Dan hadn't caught his prostate cancer early enough, wasn't it?" I asked his urologist and he agreed. "Yes, there was a 'window of time' when it could have been detected while it was still treatable," he answered.

There is an honest difference of opinion among physicians as to how the health dollars should be spent. Some physicians may feel that routine prostate screening for everyone would not be "cost effective." In other words they would have to screen too many people to catch treatable early prostate cancers.

Others physicians may feel that indications of very early cancer cells picked up by routine screening might be treated too vigorously in the elderly. They might expect these patients to die from their other health conditions long before the prostate cancer becomes noticeable.

I, however, insist on a yearly PSA, digital exam and frequent ultrasound check-ups for my husband.

We thought it fair to let Dr. Dittman defend his opinion.

Dear Mr. O'Hanlon,

Symptoms of "multiple nightly visits to the bathroom and a trickle when you get there" may very well be due to

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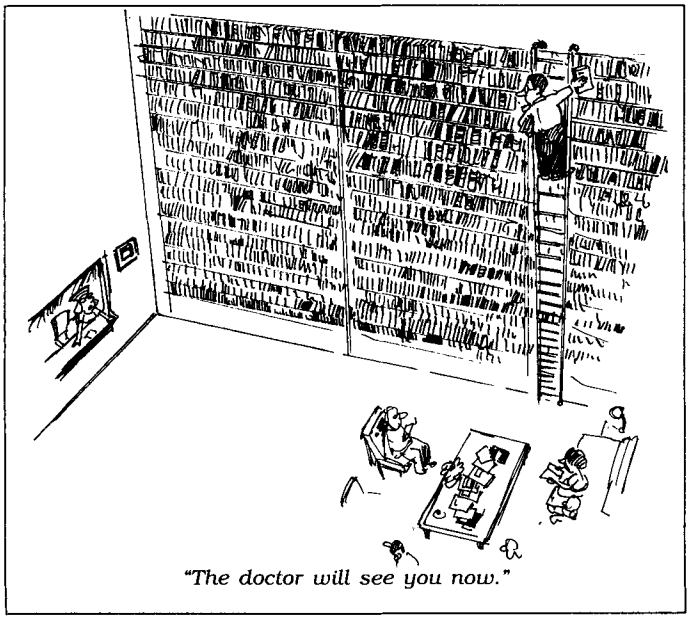
condition known as benign prostatic hypertrophy (BPH). This condition develops in 50 percent of men by age 60 and 85 percent by age 85. Enlargement of the gland may be from one to ten times the normal size of the prostate. The enlargement produces varying degrees of obstruction of the urethra, the tube draining your bladder. This obstruction may cause symptoms of nocturia (needing to urinate at night) and frequency (having to urinate small amounts often). These symptoms shouldn't be dismissed as "normal for your age."

You should, without doubt in my mind, have a PSA test to screen for prostate cancer. Indeed, some degree of ambivalence exists among the medical community about the significance of prostate cancer detection efforts. A major question about diagnostic necessity concerns the fact that, although the prevalence of prostate cancer is high, only a small proportion of men with the disease actually die as a direct result of it.

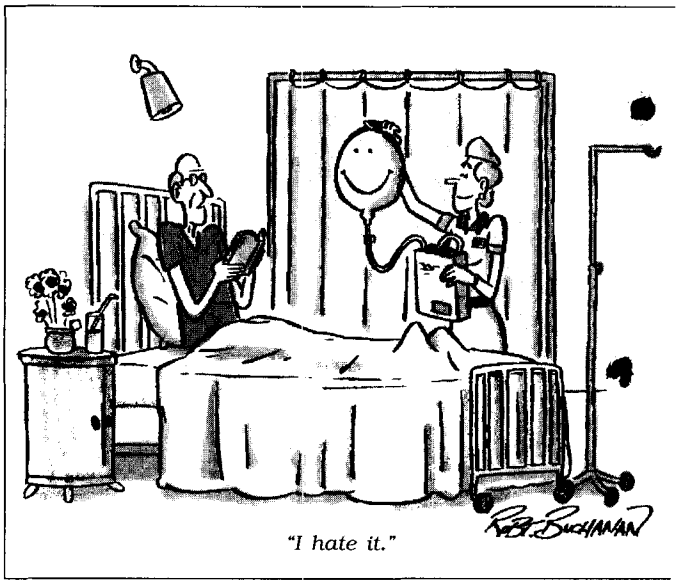
Concern has been expressed that as many lives might be lost through the application of unnecessary surgery as might be saved though increased detection. No large controlled studies have ever been carried out that document the beneficial effects of either early detection or early treatment. These long-term studies have just been initiated by the National Cancer Institute. It will take perhaps 15 to 20 years to gather the data and to analyze the results. Common sense would suggest that cancer cure is more likely in patients who are treated for confined rather than non-confined disease, but the fact remains that this has never been unquestionably established.

I can only assume that your doctor who gave you such a "denigrating response" about the PSA test assumes that you will die from some other cause unrelated to prostate cancer. Perhaps he assumes that if you did have a high PSA, any attempt at further evaluation for prostatic cancer or any suggested treatment would be harmful to you. Such assumptions ignore a number of factors. Most important is the effect of time on both prevalence and incidence, to argue academically. That is, risk accumulates with time.

As well, it is a false assumption that men whose cancers are detected would necessarily undergo surgery. In fact,



"The doctor will see you now."



"I hate it."

with the recent advances in radiation therapy, hormonal anc chemotherapy, quite adequate control of prostatic cance can be maintained non-surgically. It is erroneousl assumed, furthermore, that many men would be mad incontinent or impotent by surgical treatment. The fallac here again is the assumption that all men detected woul undergo surgery.

Your doctor is right. The final word about the value o PSA has not been written; it's at least 20 years away We'll have to wait for all the statistics to be gathered, th P values to be calculated, the confidence intervals to ge generated, and, of course, the cost/benefit ratios to b calculated. In the meantime, the clinician is faced wit management of patients. To screen, or not to screen?

What's the worst case scenario in having the test at you age and with your symptoms suggesting BPH? You ma get an elevated value which is caused by your BPH an not by cancer, a so-called false-positive result. What then You'd have a very simple ultrasonography examination t evaluate your prostate using sound waves. If all looke benign, then you'd simply have follow-up PSA studies anc or ultrasonography. The down side? Maybe cos Personally, I'd rather live with a false-positive screenin test than die from a true-negative undetected disease.

George N. Papanicolaou and Herbert F. Traut were severely criticized by the scientific community in 194 when they introduced a screening test for cancer of th cervix. Today, the so-called PAP smear is regarded as on of the most significant advances in cancer control of th century, in spite of the fact that the reported errors i diagnosis vary from 5 to 15 percent. Fortunately, most the errors are on the side of false positives.

Medicine is not an exact science: medicine is as muc the art and craft of prevention, cure, and the alleviation disease as it is science. Medicine necessarily draws upc the natural sciences, including statistics and mathematics well as the more obvious disciplines of biolog physiology, and anatomy. However, the practice medicine is fundamentally different from the pursuit exact sciences. Medicine is a deductive process, drawir from general knowledge and impressions to focus on tl individual. Exact sciences necessitate an inductive proces expanding from individual events to universal laws ar

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principles. An individual's health cannot be inductively determined. The focus of good health care must remain for the individual, a deductive process.

My concern when I wrote the PSA article was born from m·· own family's experience. It's what the statisticians call anecdotal evidence. If my cousin had had a PSA test performed two years ago, he'd certainly be better off than he is now. I'm personally not going to wait for the results of the 20-year studies. I will have a PSA test every year. You should do the same. You sound like the intelligent kind of person who can look at all the evidence and weigh the benefits versus the risks.

Should you care for another opinion, write to the chairman of the Department of Urology at Stanford University at the following address: Thomas A. Stamey, M.D., Division of Urology, S287, Stanford University Medical Center, 300 Pasteur Drive, Stanford, California, 94305-5118.

Ralph Dittman, M.D.
5838 Indiana Trail
Houston, Texas 77057

Pneumonia Vaccination

Dear Dr. SerVaas:

My younger sister is age 66 and is in excellent physical health. In a recent visit to her doctor, she was told that she should receive a vaccination for pneumonia. Is there an effective vaccine against pneumonia and is this something my doctor should consider giving to me?

I always turn to "Medical Mailbox" first and find all your good advice so very helpful.

I would really appreciate it if you could give me some advice on this topic.

Mrs. Mary Heathman
Mooresville, Alabama

A widely available vaccine, "polyvalent pneumococcal" is about 60 percent effective in preventing most common kinds of pneumonia. The vaccine was licensed in 1977 but not widely used because of some uncertainty about its effectiveness. A more recent study reported in the *New England Journal of Medicine*, which included over 2,000 patients in 11 different hospitals, proved the efficacy of the vaccine.

The vaccine combines 23 different strains of pneumonia bacteria. The research shows compelling evidence for administering the vaccine to the elderly and other susceptible persons. At present only about 20 percent of older Americans receive any kind of pneumonia vaccine, though the United States Public Health Service has recommended that everyone over 65 and anyone with chronic heart, lung and kidney problems should be vaccinated.

Over two million Americans contract pneumonia each year and at least 40,000 of them die of the disease. The bacteria that cause pneumonia are not only transmitted from an infected patient but are present in the throats of many healthy persons. Anyone can contract pneumonia, whether healthy or not, but the risks are increased when one or more of the body's natural defense mechanisms are damaged or impaired. This can result from previous serious respiratory infections, or when the immune system is weakened by alcoholism, smoking, or old age.

Relief For Sore Toes

Dear Dr. SerVaas:

I see in the May/June *Saturday Evening Post* that you mention Pedifix's Pedi Cushions for one's toes. I would appreciate it very much if you could tell me where I might get these. The ones I get from Dr. Scholl's are not too effective. Thank you for your attention to this request.

Mrs. Vera V. Crouch
Carlsbad, California

Toe protectors

We had many letters requesting a source for these sponge toe protectors. They are difficult to find in stores. You'll find a coupon ad for them on page 73.

Magnesium Deficiency and Diabetes Complications

A recent study reported in the medical journal *Diabetes* examined the association between magnesium deficiency and diabetic-related disorders such as heart disease, blindness, and cerebrovascular problems.

The work was done at the University of Birmingham in Northern England. Its findings suggested that some diabetic complications could be prevented or alleviated by supplementing magnesium, but stressed the need for further long-term studies.

According to the authors, insulin has been shown to influence the distribution of magnesium by stimulating the active transports of magnesium from the extracellular medium into cells. Insulin resistance has been reported during treatment for diabetic ketoacidosis and is known to be associated with aging, impaired glucose tolerance, and essential hypertension. All of these conditions are also associated with hypomagnesemia (magnesium deficiency).

"You're O.K. Am I O.K.?"

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AAHPERD

continued from page 92

"That is the objective of the nation for the year 2000 as developed by the office of Disease Prevention and Health Promotion," Dr. Morris explained. "A report released a year ago, entitled Code Blue, talked about the role of the school and the community in adolescent health. Its conclusion was that for the first time in the history of the nation our current adolescent population will be less healthy than their parents. So what we are trying to accomplish is to increase the health of everyone. AAHPERD, through its various professional associations, provides the support for people who are actually attempting to do the things that are outlined in those objectives. We are broader than just health. Sport is a theme. Obviously, fitness is a component that exists between the two."

Dr. Morris also pointed out that public health today runs the gamut from sanitation to maintaining a proper diet. It reaches from exercise to being sure you go in often enough for a mammogram if you are female.

By fortunate circumstance, Dr. Morris being president of the Alliance and on the faculty of IU, the annual convention of the organization this year will be held at the Convention Center in Indianapolis. Equally fortunate: Arnold Schwarzenegger has attended the convention each year since his appointment to the chairmanship of the President's Council on Physical Fitness and Sports. How convenient, then, to invite AAHPERD's Physical Best program to be given along with the President's Council test in the well-equipped arena of the Fitness Farm of the Children's Better Health Institute.

Although the Alliance test and the Council test are now in the courtship stage awaiting marriage, here on the Farm's spacious grounds the two advocates will be invited to commune, uniting the best features of both, and in such a way as not to confuse the physical education teachers and others who administer the tests in schools.

How the two tests differ is pointed out by A. Gilson Brown, executive vice-president of AAHPERD.

"The President's Challenge has been more of a performance-related test," he says, "measuring one child against another child in terms of performance and athletic ability. Our Physical Best is more a health-related testing. It is not just a matter of performance but how you measure yourself against yourself in terms of your fitness. The President's Council is coming around to this way of thinking—health-related nature being the key ingredient of the new combined effort.

"The whole educational program," he adds, "is the intent to instill attitudes and behavior related to life-long fitness—and the prevention of cardiovascular and other serious diseases."

The gala April seminar will incorporate a celebration of the Grand-Time Striders, at which the Striders will report the number of miles walked with a grandchild (the winners to be announced at the Saturday Evening Ball). For fun as well as exercise, competing health clubs members will duel in a tug of war. Employees from two area hospitals wil also tug it out. How many kids will i take on the end of a rope to budge the mighty Arnold? We'll find out.

So . . . like Camelot, for one brie shining moment, the best of fitnes and health will converge in Indianapolis in the month of April, 1992. The AAHPERD convention April 7-11 The "Arnold Schwarzenegger Relay and Fitness Fair" April 11. And tha night, Saturday night, appropriately the big finish—The Saturday Evenin Ball . . . complete with the big-ban sounds of the rhumba, fox trot, cha cha, and waltz.

Where Do You Think You Are?

(Answers from page 84) *(Theme: Types of trees)*

1. Mapleton, KS
2. West Palm Beach, FL
3. Dogwood, IN
4. Ashland, SC
5. Cedar City, UT
6. Pine Grove, WV
7. Young Hickory, OH
8. Willow, AK
9. Bear Poplar, NC

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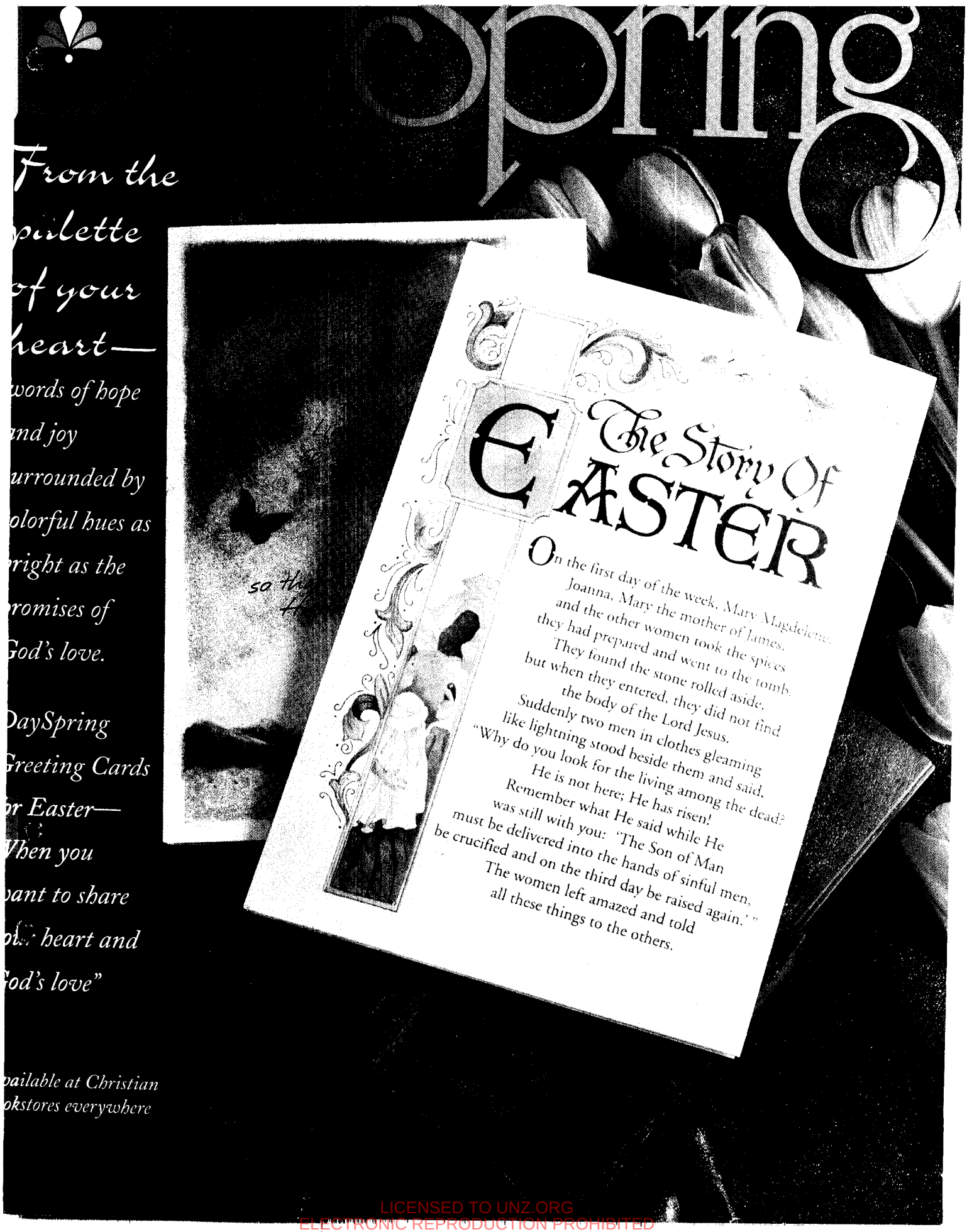
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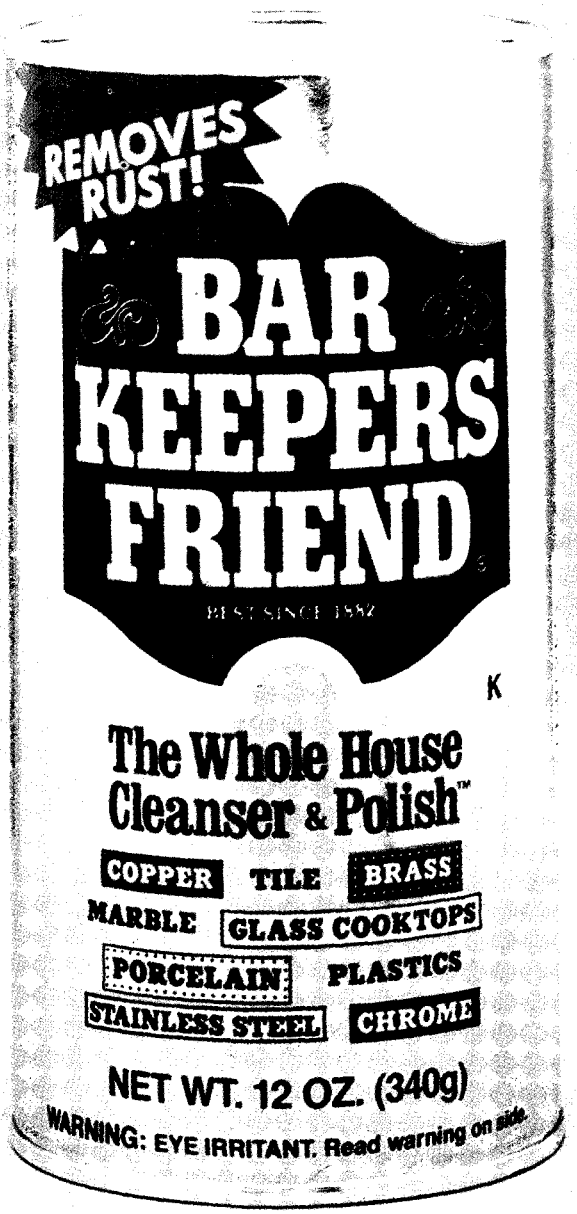

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